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THE

HOMEKEEPER:

CONTAINING NUMEROUS RECIPES FOR

COOKING AND PREPARING FOOD

IN A MANNER MOST CONDUCIVE TO HEALTH;

DIRECTIONS FOR PRESERVING HEALTH AND BEAUTY,

AND FOR

NURSING THE SICK;

THE MAKING AND THE CARE OF HOME; THE CARE OF CHILDREN AND HIRED PERSONS.

CONCLUDING WITH

A FEW HINTS CONCERNING THE WANTS OF THE MARKET.

By S. D. FARRAR.

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INTRODUCTION.

NEVER having seen all the cooks in the world, I cannot say, as some do, that there are no good cooks; but, of those I have seen, a large proportion know very little about good and wholesome cooking. As simple as is bread-making, all ought to make good bread; yet it is seldom seen.

It is asserted that male cooks are superior to those of the other sex. It is doubted; and, if it appears so, the reason is, that male cooks are employed only where there is no restriction to the free use of every thing which the good cook needs. All women do not have the purse with which to purchase supplies. Give them four thousand dollars a year, as some hotel-cooks have, and plenty of the best materials to use, and not long time would it be before they could and would cook quite as well as the male cook, and withal, perhaps, quite as neatly.

In families where bad cooking prevails, some one or other of the members is constantly sick. Such families have sallow complexions, owing to the enormous amount of saleratus in the food. This is an article which the good cook never uses: as well might one use calomel in bread-making.

Some very worthy people are often troubled with "canker" in the mouth and stomach, as they call it, and suppose themselves afflicted with humors. They even go so far as to blame their ancestors for it. Let them leave off eating *saleratus*, and their "canker" will leave them, never to return. It is the cause of so many sore mouths and decayed teeth.

It is sometimes said that our good Father sends us meats, and quite a different person the cooks. If those who are well do not like what their agent sends them, perhaps they would do better to try their own hand at it for once. It is very easy to attend to some kinds of machinery; and much of men's work is so divided into insignificant parts, he must be simple indeed not to do it well. But every part (and there are about a thousand of them) of housekeeping requires brains to do it, and not one is more important or difficult than all the branches of cooking. Even nursing the sick is not more important, as the sick depend more on their food for recovery than on

almost any thing else. There is no school to teach cooking, and very few reliable or useful recipes. No two persons want every thing alike. Chocolate, for instance, may be made thick or thin, sweet or not, just as a person fancies, and still be good and wholesome.

There are good cooks; but they seldom, if ever, like to tell how they cook any particular dish. They are troubled with professional pride, like some other people. It is amusing to read the revealed secrets of premium bread-making for fairs: so much water, flour, and yeast go to make this wonderful bread; but just please to tell us how you make the yeast. This is just the point not disclosed.

A cook-book that pretends to teach others should do so first by informing them how long it takes to cook each dish. To say, "Cook it till tender," as many recipes do, is no guide at all to learners. A dinner consists of a number of different dishes: what time must each *begin* to cook to get done properly in season for dinner? That dinner may be ready at the appointed time, a good clock in the kitchen is necessary; and every thing should be cooked by it such time as directed.

Here is an extract from an address delivered before an agricultural society by George S. Hillard: —

"It is doubtless mortifying to the pride of humanity to be obliged to confess that the grandest energies of the will, and the finest operations of the understanding, are dependent upon the way in which we treat that vulgar organ, the stomach; but the sooner we admit the truth, and act upon it, the better it will be for us. I am persuaded that the food served habitually upon a majority of the tables of New England is such as the rules of dietetics would pronounce to be unhealthy. . . .

"New England is a region swarming with sensitive and uneasy consciences. The spirit of reform is restless, clamorous, and importunate. It busies itself with distant toils and inaccessible wrongs; but here is a grievance lying at our very doors, to which this spirit may be legitimately and profitably addressed. Reform your kitchens, reform your gridirons and frying-pans, and you will be surprised to find how much your climate will be improved."

Probably the cooking in New England would compare favorably with every other part of this country, unwholesome as much of it is. I am satisfied that the "sensitive and uneasy consciences" are the result, almost wholly, of the constant state of stimulation of their owners, caused by the constant daily use of coffee and tea, — beverages which do *not* cheer except immediately after use, and do inebriate to a certain extent. The coffee and tea pots need reforming even more than do the gridirons and frying-pans.

Generous and wholesome living, leaving out the "generous wine" of the ancients, will do vastly more to prevent the making of drunkards than any other one cause. Drunkards oftenest come from the two extremes of society, — from the rich, whose tables are daily supplied with alcohol in its most

tempting forms; or from the poorest, who never know what wholesome food is. The leading men of the country come from neither of these classes, but from an intermediate class, who have better food than the poorest, and no alcohol, as do some of the richest.

There is no more need of using wine or brandy in cooking than of using any other poison. Children may soon learn to like them if brought up to eat them in pudding-sauces, mince-pies, puddings, and other dishes. If any persons can conscientiously publish recipes containing large quantities of these liquors, let them: the responsibility rests with them. Hopeless inebriates are all around us, leaving childhood uncared for except by strangers; and often early death removes them from their sorrows caused by parental neglect. When we see around us the misery and poverty caused by alcohol, is it right to recommend that which we know leads to ruin of body, soul, and posterity?

THE HOMEKEEPER.

UTENSILS.

When beginning homekeeping, two or three persons may get along with very few articles for cooking-purposes; but, as time advances, necessities present themselves, and ware of all kinds accumulates. It is well to get along with as few articles as are really needed, as, the greater their number, the more labor is increased, and much more room is needed for them.

CROCKERY.

China-ware is considered purest of any, and most free from poisonous substances. Care is needed in handling it, and in pouring hot drinks into it, as it breaks easily. Common white ware is next best, and is sold in complete sets, such as are considered fashionable at time of sale: articles vary from time to time to keep the trade good. The yellow and brown wares are not safe, and should never be used. Pie-plates should be of good white ware, and made deep to prevent the waste of sugar and fruit. Pudding-dishes, if to be set on the table, should always be of white ware; if not, iron is best.

GLASS.

This is perfectly pure, except when broken: no pieces of it should be allowed in food, as, if taken into the stomach, death may result. Some suppose it is improved by putting it into cold water, boiling it, and taking out only when cold. Ice will sometimes crack a glass dish if laid into it in a hot day, when

not cooled gradually. Cold water sometimes cracks a tumbler in warm weather. Glass should be heated or cooled gradually to prevent breaking. It appears better than other ware on the table in summer. Tumblers are preferable to goblets, as not upset so easily, and take less room: the bottom should be heavy, and as large as the top. Glass is the only suitable material for preserving fruits.

IRON.

Iron is considered the best metal to use in preparing food: it may be used for cooking meats, vegetables, bread, meat pies and puddings; but fruit needs to have the iron lined with porcelain, as, if not, it will be of a dark color. A stove needs an iron kettle for water, one for cooking water, a dinner-pot, two smaller kettles with flat bottoms, another in which to fry doughnuts, and one or two porcelain-lined kettles for preserves; two spiders, or frying-pans, also one very deep; four oven-pans of different sizes, including one small square one for cake; a cricket of iron to roast meat on; four pieces of iron crossing each other and welded together to keep in the dinner-pot; a gridiron; and a saucepan. Of other iron utensils, first buy some good steelyards. If traders are honest, it will do them no harm to have it known; if not, it will do the buyer no harm to know it: the millennium has not arrived yet. A pie-lifter is useful, also a long steel fork, a meat-hook for reaching meat in brine, a shoe-knife, a spice-mill, flatirons and stand, hammer, screw-driver, wrench, and some other tools, perhaps.

SILVER.

Silver-ware, if rubbed and washed clean, is pure and harmless; but food cannot be cooked in it.

STONE.

Stone-ware is pure, and keeps food well if covered; it is used for pickles mostly: butter will keep sweet in it a long time; and cream should always be kept in it; also yeast. A small jug to hold hot water for the bed of the sick is needed.

TIN.

Tin-ware would be about as expensive as silver, it wears out so soon, were it not that most of it is bought with old rags, which would be thrown away if not sold to the tin-man. Much tin-ware is needed; and some of the articles are here mentioned, — dishes of all sorts and sizes, milkpans, which are needed, if there is no milk, for flour and mixing it, a deep pan for washing dishes, two smaller ones for rinsing and draining them, a steamer, sieve, graters, pails of all sizes, match pail and box, pails or trunks with tight covers to keep bread and cake from drying, deep square dish for baking bread (if no iron one can be had), two sizes of quarts, two tunnels with large and small apertures, skimmer, fat-strainer, pint dish for fat, cooky-cutter, muffin-rings, wire egg-beater, spoons, oil-can and filler, flour-scoop, milk-strainer for those who need, a candle-mould to use mutton-tallow, and a painted slop-pail with cover.

WOODEN-WARE.

This, also, may be bought with rags of the tin-man. First, a large round bowl for those who make butter, a smaller one for bread; and this will last better to let brine remain in it some time before using. The moulding-board should have a permanent place in the pantry, but a smaller one is needed for doughnuts; a rolling-pin, chopping tray and knife, two or three buckets, and plenty of boxes (all painted on the outside), squash and lemon presses, butter-stamp, flour-sifter, spoons, two barrel-covers, bread and meat boards, mortar and pestle, and large pestle for mashing potatoes, are all needed. Plenty of tubs save time and labor; have four large ones, one of medium size, and a smaller one; also a rubbing-board, wringer on a bench, another bench for washing, clothes-fork, a hundred spring-pins or less, and dress and bosom boards.

OTHER UTENSILS.

A bag netted of twine, in which to boil cabbage and greens, a bag of cotton cloth for boiling puddings, a small one for

hops, a cotton cloth for fish, a jelly-bag of flannel, and a swab made of cotton cloth tied to a stick, and used to grease baking dishes, are needed. None of these should be used before being washed. Brass and zinc are not fit to be used in cooking, neither is copper; but it may be used for boiling clothes, as iron rusts them; but it should be kept free from corrosion. Few baskets are needed, except by the farmer. All need one for clothes, one for chips or kindlings, one for potatoes, and one for market.

FIRES.

Stoves are preferred to ranges by most persons; and of these it may be said, that, when not working well, the fault belongs more to the engineer than to the stove-maker: in fact, one would think that some persons had prepared themselves to go out to service by first serving an apprenticeship as fireman on some railroad. The coal, if coal is used, is raked out and filled in almost constantly, till it glows like a furnace; and the stove is soon ruined, besides wasting three or four hods of coal a day, when only one is needed for all purposes. A ton of coal, using one hod daily, will last a hundred days; and it ought to. When wood is burned, much may be wasted, if not regulated by the owner. Hard charcoal should be provided for broiling, as no other fuel will do it well. Shavings and kindlings should be provided, as, if rather expensive in cities, oil is more so, especially if an explosion results. The farmer can keep his wood growing, and have as much as he wants at small expense for cooking, and can enjoy the luxury of an open wood-fire to sit by. Those living in cities pay dearly for wood, and for them coal is the cheapest fuel. The cheapest way for them to obtain kindlings is to buy provisions at wholesale, and use the enclosures for fuel.

When buying a stove, it is best to select one quickly emptied, as much needless labor is caused by dipping out the ashes and cinders. The best part of hard coal is often wasted, or, worse than that, poured out and spread on sidewalks. The remnants of a previous coal-fire are the best part of coal, as

when sifted, washed, and picked free from that which is wholly burned, and spread on the top of new coal, it retains most of the heat in the stove, where it should, and prevents the new coal from burning too rapidly. Those unacquainted with the use of coal poke and punch it frequently, and often put it out, perhaps, just the time it is most needed for dinner. The first rule is, after a fire is once made, to let it alone; but if from any cause it needs replenishing, and the draft is poor, poke out the ashes from the under-side, putting the poker up through the grate, and add fresh coal, setting open all the drafts. To kindle a fire, as soon as the shavings and small wood are lighted, commence to put on the coal, a little at a time; and after breakfast fill it up, leaving just room to add the cinders left of yesterday: shut it up if the coal is red-ash; but, if white-ash, a little draft may be needed. If let alone, this will, usually, keep a good fire all day sufficient for all purposes, unless biscuits are to be baked for supper; if so, rake out the ashes, and add fresh coal in season to get it kindled. If warm biscuits are wanted with little labor, cold ones may be dipped in cold water, and warmed in the oven without extra coal, being almost or quite as good as new.

Fire made and kept in this way will be right for cooking meats, vegetables, and pies before noon, when a hot fire is needed: after noon, it is right for bread and cake baking, and, after these, custards. Of course, if a late dinner is the custom, it would be better to use little coal in the forenoon, and make up the fire as directed about noon. At night, rake it open, leaving the hot poker in a safe place. Cinders will also keep a fire in a parlor stove twice as long as it keeps without them, thus saving one-half the coal. Stove-dampers never should be shut nor stove-doors opened, as the gas is ruinous to life, and it cannot help escaping into the room: if too warm, open a door. An open fire is the best ventilator, and is no more expensive than furnaces, costly ventilators (often worthless), and doctors' bills. A sheet-iron stove, such as used to be called air-tight, gives more heat from a certain amount of wood than any other; but the heat is unpleasant unless water is kept on the

stove to moisten the air. The cast-iron stove will not keep a wood-fire as long a time as will the air-tight; but the best way to keep a steady heat from one of them is to fill it full of hard wood each morning, and shut it up, there being cracks enough to insure a draft; at noon fill it again; and thus a steady fire is kept all day: a little additional fuel may be needed in the evening. A wood-fire on the hearth needs frequent attention; but it is a pleasant task if wood is plenty.

A rusty stove may be cleaned by rubbing it with sand-paper and sweet oil; then wipe and black it.

WASHING DISHES.

This subject is a disagreeable one, not because there is any thing unpleasant in dish-washing as it should be, but because many of the dishes washed are done so in a filthy manner. If there is a "domestic" in the house, she is left to wash the dishes in her own way and time, whether she ever saw a dish before or not. But the domestic is not the only one who washes dishes. Many American women always wash their dishes in a common sink, and would open their eyes in astonishment if told that the practice was not a neat one. I have seen dishes washed, and had to eat on them too, in sinks that were no cleaner than the sink-drain. I have also seen the same tub used to wash dishes, dirty clothes, and feet; and the same towels used to wipe dishes and hands; the dish-cloth and sink-cloth the same; and the horse drinking in the water-pail. But let us hope these practices are not common. There is need of a reform here; for no other part of housework is done so badly: if it is not fit employment for a lady, neither is eating on the dishes. The neat housekeeper washes her dishes on a table, using plenty of hot water and soap. Three pans are needed, — one to wash, one to rinse, and one to drain the dishes in; also a separate soap-dish: deep tin pans with handles are preferable to tubs, as the latter wear a suspicious appearance, and the domestic, if not the mistress, may be tempted to use them illegitimately. One dish-cloth is enough for a neat person, as the inside of iron-ware needs to be quite as clean as china

dishes; and, for the outside, a cleaning-cloth should be kept, and used also to wipe off tables and pantry-shelves; but they should be so different as to be readily distinguished, and both can be kept white. A fork is better to use than a mop-dish-cloth; and there is no need of putting the hands into the water till all are done, and the cloth is to be wrung out. The dish-towels should be numerous, and different from other towels. Milk-dishes should be washed first, and separately: rinse all of them in a little cold water, and put it in the swill; next use hot suds, washing them perfectly clean; then rinse in clean boiling water, so that, if the milk was sour, it may not injure the next milk; wipe dry with a clean cloth, and turn upside down, in their places, on the milk-room shelves, ready for use.

Wooden-ware must be washed in clean water, or it will retain a disagreeable odor and greasiness. If fat meat is left on plates, put it in a firkin where is potash dissolved in water, and keep it out of children's reach: in no other way can soap-grease be kept through summer, as insects breed in it in a short time.

Of table-dishes, glass should be washed first, and wiped immediately on a towel which will not leave lint on it: it breaks if hot water is poured on it, but may be rolled around in very hot water. Silver should be washed next, wiped dry, and rubbed with whiting once a week, being washed again before using. Tin is usually washed last, and soon grows dark, but if washed next in order, and in clean water, retains its brightness a long time without scouring. Tin scoured with sand soon leaks, and might as well be thrown out of doors at once: something softer should be used, as whiting or sapolio. Crockery comes next; and all crumbs and grease should be scraped from it before washing. Before knives are washed, dip the blades in water, and let them be soaking while the crockery is washed, as then there will be no need of scraping them. The handles never should be put into water: when washed, scour with fine Bristol-brick, if steel; and whiting, if silver: wipe dry, and put away. Some ruin the handles by drying the

knives on a stove-hearth. The dish-towels should be washed each time used, — not in the dish-water, but in clean suds, — rinsed, and hung to dry; next wash the dish-cloth, wipe the table, wash the cleaning-cloth, and dish-washing is ended. Once a week, boil dish-cloth and towels, but not wash-day, nor with other things.

The sink should be washed, not with the hand, but with the sink-cloth, in a wash-bowl of suds; and this cloth should be kept on a nail in the door below the sink. Swill, where there are no hogs nor hens to eat it, should be kept in a barrel out of doors through summer, and each morning the cold ashes should be sifted on it: in this way it does not become a nuisance, nor breed insects, but is excellent manure for land.

GENERAL DIRECTIONS.

As there are two sizes of quarts in use, they are here called large and small quarts. The recipes were all made with granulated sugar, where sugar is mentioned; and a cup of it weighs a half-pound, as does also a cup of butter. A small quart of flour, just sifted, weighs one pound (flour should always be sifted to remove lumps, even if clean), and two cups a half-pound. The cups were measured even full in all cases, and the spoons heaped full. Every thing, which can be, should be washed, before it is used, till the last water is clean. In boiling any thing, the time should not be reckoned till it begins to boil. Black pepper is extensively mixed with dirt, when ground; and should be bought in the berry, and ground at home. Spices are largely adulterated, — ginger with cayenne-pepper, and others with various things. No vinegar, except that made from cider, is free from poisonous ingredients. Many, if not all, of the flavoring extracts, are probably made from cheap but powerful poisonous acids, which cause a sore mouth, and ruin the teeth, if used. Extract of pine-apple, if genuine, could not be sold for the price it is. It is asserted by some persons, that the sweepings of orange and lemon peel from public places are sold to makers of extracts and candy.

BILL OF FARE.

The usual custom in small American families is to have all the dishes at dinner set on at once; and this is called, by the French, *ambigu*. The custom in hotels, and where servants are kept, is to have dinner served in courses. Soup strained, without meat, and almost or quite without vegetables, is served first; and this is a good custom, as eating at dinner should be gradual, that food may be more easily digested. Next, fish is served: and it would be quite as well to stop here, and finish with dessert; but such is not the practice. Meats boiled and roasted, poultry the same, game cooked in various ways, sweetbreads and salads, come next, with vegetables; then pastry, cheese, fruits, nuts, raisins, ice-creams, and drinks.

The dinners which are most relished, doubtless, are where there is only one kind of meat or fish with vegetables, and not too much dessert. The tendency in this country is towards gluttony, where food is well cooked; and, for this reason, two meals a day are sufficient for any grown person: the third meal causes extra labor, which is wholly useless, as any adult would be stronger and healthier to eat but twice each day.

FISH.

Fish is considered more wholesome for food, especially in summer, than meat; and it is said by high authority to be the best remedy for strengthening the brain when weakened by over-exercise. As it is usually served at table before meat, it is placed before meat in the order in which directions are here given for cooking both. Some dealers in fish say it is better to be kept two or three days after it is caught, or until ripe as they call it: but it is preferred by good judges as soon as possible after being taken from its native place: there is then hardly any more taste in it than in pure water. De Voe, whose "Market Assistant" is frequently quoted in these pages, says, "Both fresh and salt water fish are considered best a short time before spawning, and unfit to be eaten immediately after.

"In choosing perfectly fresh fish, the following general features will show themselves: The fish should be quite firm

and stiff, eyes stand out full and clear, gills quite red, and the fins firm, not hanging nor moving about as the fish is moved."

In cities and their vicinity, fish are prepared for the cook, as they always should be, as it takes a dealer who is used to the business only a short time to do it, and saves each buyer disagreeable work: besides, a fish is easily broken up, and its appearance spoiled, by awkward cleaning; and it cannot be handled too carefully. In winter, fish may be kept several days packed in a firkin of snow; but in summer it cannot be kept long anywhere, except in brine. It is best kept on ice; or, covered to keep flies off, in the coolest place there is. It is not as good cooked a second time as meat is, except when made into a chowder.

BAKED.

Large fish are generally good when filled with dressing, and baked; and the time required depends on the kind and thickness of the fish, as well as on the amount of heat. A blue-fish weighing from seven to ten pounds requires an hour in a hot oven to cook it through: something may, perhaps, be known, by this, how long other kinds require to be baked; as, the more solid and firm the flesh, the longer the time needed to cook it. It should be salted and basted like meat; and, to prevent its skin adhering to the pan, lay some slices of salt pork underneath it. Make a gravy, and serve with it.

BOILED.

Some fish that naturally have little or no taste are improved by having vinegar in the water in which they are boiled: to three quarts of boiling water add a half-cup of vinegar and a large spoon of salt. The iron cross-piece should be used in the pot to prevent burning. Wash the fish carefully and clean, tie or sew it in a clean fish-cloth kept for this purpose, put it in the pot only when the water is boiling hard, and take it out as soon as done: if dinner has to wait, fish keeps better set in the oven than kept in water. Serve with gravy.

BROILED.

Thin fish, like mackerel, when opened, may be broiled like beefsteak, except it does not need so much turning. Add salt and butter, or gravy, and serve.

CHOWDERED.

Good chowders may be made either with cod, haddock, hake, plaice, or any fish of good size that has not too many small bones in it. Wash, pare, rinse, and slice thin, three quarts of potatoes, six onions, and use six or seven pounds of fresh fish. First fry in a large iron pot a few slices of fat salt pork till done enough to eat; take them out, leaving the fat in the pot; or, if only butter is preferred, leave out the fat. Lay the vegetables and fish in layers; or cut the fish in two, and lay on top. Cod is firmer than haddock or hake, and may be cut in small pieces without breaking up. Next add two teaspoons of salt, a very little black pepper, one large pint or more of hot water, and boil thirty minutes, or till the potatoes are soft. Mix a large spoon of flour in one cup of milk or cream, adding a piece of butter as large as an egg, pour it into the chowder, let it boil one or two minutes more, and take it from the fire, or it will burn after being thickened.

FRIED.

Wash and wipe it clean on a clean dish-towel. Fish should be fried in a plenty of very hot fat, and dipped in corn-meal, flour, or egg-batter, first. Care should be used not to break the fish.

BLUE-FISH.

The season for this fish is from June to November, and their weight varies from two to twelve pounds. They are good cooked in any way.

BAKED.

Make a dressing, fill the fish with it, and allow an hour to bake one of medium size. Salt it, lay some slices of fat pork underneath, and put a few drops of water in the pan. Serve with gravy.

BOILED.

One weighing seven pounds should boil three-fourths of an hour. Serve with egg-gravy.

FRIED.

Cut it in slices an inch thick across the fish; dip each in egg-batter, and fry in hot fat till light brown on both sides.

CLAMS.

Buy them in the shells, if good ones are wanted; pick them over, rejecting all that are broken, or that have open shells; wash and drain them; place them in an iron kettle over the fire, and as soon as the shells open, which will be in five to ten minutes, take them up, as they are done; and, the longer clams are boiled, the harder they become. The water that comes from them is good, if not better than the clams. Some like melted butter and pepper-sauce on them; but they are quite as wholesome without this sauce.

CLAM-CHOWDER.

In making this, proceed as with fish-chowder, with the exception of cooking the clams only five minutes, when the potatoes are about done.

CLAM-STIFLE.

Use a quart of clams out of the shell; add a piece of butter the size of an egg, a half-teaspoon of salt, and a little pepper; boil five minutes, and then thicken it with a spoon of flour wet in a half-cup of milk or cream; stir it in, boil once, and serve.

COD.

Fresh cod is preferred by many persons in chowders; but it is good baked or boiled. One of the average size would need an hour to bake, or from fifteen to thirty minutes to boil, using a large spoon of salt, and half a cup of vinegar, to three quarts of boiling water.

SALT COD.

Pollock are often mixed with cod on sale, and, although not as good, are frequently sold for the same price to those who do not know the difference. The pollock has a notched tail, while that of the cod is nearly straight across the lower end. Some persons consider small ones better than the large ones. In the morning of the day that it is to be used for dinner, pour three quarts of boiling water on the outside of half a small cod, letting this side remain up, that the salt may fall to the bottom of the pan, and leave it to soak till a half-hour before dinner; then wash it clean, put it in a kettle (inside down), fill up with boiling water, and set the kettle where it will keep warm, but not boil. At dinner-time dish, removing the skin, and serve with egg-gravy, or salt pork cut fine, and fried to gravy.

COLD SALT COD.

Chop it fine in a tray, leaving out the bones and skin; then chop an equal quantity of boiled potatoes (cold or hot: cold are the best), and warm it in sweet cream enough to moisten it, if it is to be had; if not, milk will do, with butter added when sent to table: or fry some slices of fat salt pork till crisp, take them out, and fry the minced fish in that; but it is not quite equal to cream.

CODFISH-BALLS.

These may be made of fresh fish; but salt cod is oftenest used. Mince the cold fish as before directed; roll it into small round cakes, flatten them a little, and dip each into a mixture of egg-batter, and fry in a little hot pork-fat till browned on both sides by turning once.

DRESSING.

Chop fine one pint of bread-crumbs wet in one-half as much water; add one egg, not beaten, a piece of butter the size of an egg, a saltspoon of salt, a little pepper, a teaspoon of ground sage or other seasoning; mix well together, and fill the fish with it.

EELS.

Both fresh and salt water eels are used as food. When sold at market, they are found skinned ready for cooking. Cut them in pieces suitable for the frying-pan, wash, wipe, and dip them in flour, and fry in hot pork-fat from ten to twenty or thirty minutes, according to thickness.

EGG-BATTER.

Beat one egg very little; add to it a large spoon of flour, and a teaspoon of salt; mix well, and spread it over the fish just before frying.

FISH-BALLS. — See Cod.

FLOUNDER.

This is a flat-fish. Wash, wipe, dip it in egg-batter, and fry in hot pork-fat about ten minutes.

GRAVY.

Boil a pint of water, adding, as soon as it boils, one large spoon of flour wet to a paste in a little cold water, a saltspoon of salt, and a piece of butter the size of an egg; when well mixed, take it off the fire; dish; and then break an egg in, stirring it till well mixed; or, if there is a cold boiled egg, cut it in small pieces, add to the gravy, and it is equally good; or leave out the egg, and put in a few capers. Some like pork-gravy made by cutting fat salt pork in small pieces, frying till crisp, and serving all together in a gravy-dish.

HADDOCK.

This is a very good kind of fish, especially for boiling: use salt and vinegar as directed for boiling fish in general, and boil one of average size fifteen or twenty minutes. It is excellent chowdered, and good baked or fried. An average one will bake in a half-hour.

HAKE.

This somewhat resembles cod and haddock, but sells for a less price, and is not considered quite as good as the others: it makes a very good chowder.

HALIBUT.

This is an excellent fish, — one of the best for frying, — and always brings a large price. The flesh should be perfectly white.

BAKED.

Take a slice three inches thick, cover it with thin slices of salt pork, and bake it about three-fourths of an hour.

BOILED.

A piece weighing two or three pounds will boil in twenty minutes.

FRIED.

For frying, wash and wipe it carefully, cut the slices an inch thick, and do not have them too large to handle and turn easily: a small slice handsomely done appears better than a large one broken up. Take one slice about as large as the palm of the hand, or a little larger, in the left hand, while the right spreads some egg-batter on the upper-side of the fish. Lay this upper-side into the boiling pork-fat over a hot fire; then take a spoon, and spread some batter on the side that is now up. Fry it ten or fifteen minutes, or until light-brown on both sides by being turned over once.

HERRING.

One kind of herring is also called alewife. They are very sweet when fresh, and very bony too, somewhat resembling shad, only much smaller: they are usually fried. Many persons like them when dried or smoked. The Labrador herring is purchased very cheap by the quantity, and is liked by many persons.

LAKE-TROUT.

Our Western lakes furnish a large supply of nice fish, which, when brought here fresh, bring a great price. Many are salted before being sent; and the lake-trout is one. Soak it all night in cold water, and boil ten or fifteen minutes.

LOBSTERS.

These are most plentiful in summer. The largest are not always the best. Some very large ones have very little flesh in them; and it is safest to buy those of medium size. A dealer in them can always tell a good one by handling it. The flesh never should be taken out of the shell till just before it is to be eaten, as it soon spoils in the air. Lay it on a clean meat-board; break it in two; get the rear part out of its shell, and lay it down; cut it open lengthways, and take out the small cord, or intestine, that runs through it, as this is poison, as well as the "craw, or stomach, which lies between the eyes," and with which it is connected.

It is no wonder that some persons are made sick by eating lobsters, if care is not used in preparing them; but eaten for dinner, when got out properly, no harm can come from them. The green and red parts inside the body are considered by some the best, and should be laid separately on the platter. Hammer the claws enough to break the shell, but not the flesh, and get out what there is in the body by breaking it in small pieces; then send it to the table. The flesh is sometimes chopped with crisp lettuce, and a little vinegar mixed with it, which forms a simple salad.

LOBSTER-SALAD.

Use the flesh of one lobster of medium size, one head of crisp lettuce, half a teaspoon of salt, very little black pepper, butter the size of an egg, and vinegar enough to mix well; chop all together fine, and spread it on a platter, smoothing the top. If there is any spawn (the red part), it should be saved to ornament the top; then boil three eggs six minutes, and, when cold, shell and slice them; lay them on and around the salad, and serve. If any lobster is left of dinner, it may be prepared in this way, set on ice, and it will keep till the next day.

MACKEREL.

The season for fresh mackerel commences about the first of May, and continues till December. Their average weight is

about one pound. They are very good broiled, and served with butter. The broiler should be hot, and rubbed with fat to prevent their adhering to it. They are excellent boiled. Place them in a kettle (inside down) with boiling water, and to each quart of water add a teaspoon of salt, having no more water than enough to cover them. Let them boil ten to fifteen minutes, according to thickness; and serve with butter. Their spawn is excellent cooked in them.

SALT MACKEREL.

Those who can get the fresh will hardly want the salted ones; but every one does not live where they can be purchased fresh. Those named "number one" are the third quality; there being two grades better than number one. The best are almost as white inside as when fresh; while poorer qualities are rusty and dark, being packed over when not sold, and kept more than a year. To cook salt mackerel, cut off the heads and tails, wash them clean, and soak all night (inside down) in a pan of cold water; boil next day, putting them into boiling water (inside down) five to ten minutes; or broil them.

OYSTERS.

Oysters are not considered fit to be eaten in May, June, July, and August; and no shell-fish should be used if the shells are found open. It is cheaper to buy them solid, if out of the shell, than to pay so much for water.

STEW.

Some persons like potatoes in an oyster-stew; if wanted, wash, pare, rinse, and slice thin six or eight potatoes; boil them in an iron kettle, in water sufficient to cover them till done; when soft, add a quart of solid oysters, butter the size of an egg, a pinch of pepper, a teaspoon of salt, a pint of milk, and boil all from three to five minutes, stirring most of the time to prevent burning. Have ready a large spoon of sifted flour or a teaspoon of corn-starch wet in cold milk or water, stir it in the stew about a minute, and serve. Some would prefer

to have the potatoes left out, and a few small crackers added just before serving. Oysters should not be eaten at night, as so much time is required to digest them.

PERCH.

This is a small fish, and should be fried. Wash, wipe, dip it in egg-batter, and fry in hot pork-fat from five to ten minutes, acording to size. They are usually found in winter and spring.

PLAICE.

This is considered one of the best kinds of fish for frying. Cut the slices an inch thick, dip them in egg-batter, and fry like other fish. It is also good in chowder or any other way. Some of them are quite large; and the summer is their season.

SALMON.

This is considered the nicest variety of fish which the market affords. If fresh, the belly is firm; but red gills are said to be no sign of freshness. It is very sweet and nice when fresh; but sometimes, when purchased from carts, it has been kept too long, and has a strong, disagreeable taste. The middle cut is considered the richest and fattest, and the tail the dryest or leanest cut; but all are good enough when fresh. They are generally cut in three pieces to suit the size of most families. From March to September is their season. To cook three pounds (an average cut), have a pot of boiling water ready, with a large spoon of salt to three quarts of water; wash and wipe the fish carefully; tie or sew it in a clean fish-cloth, having water enough to cover the fish, and no more; and boil it one hour or more, according to thickness.

SCALLOPS.

These are found ready to eat or cook when purchased. Cook them like oysters.

SHAD.

This is a very bony fish, but sweet, yet hardly good enough to be worth the price it usually sells for. It may be boiled,

baked, fried, or broiled. After it is cleaned, fold together without breaking, tie in a fish-cloth, salt the water, and boil one and a half to three pounds fifteen to thirty minutes. Their season is from February to May.

SMELT.

These are the smallest fish used, weighing only from two to four ounces each; and are considered as good as any fish for frying, being very sweet when fresh. Their season is from October to April. To fry them, take a sharp shoe-knife, cut off the heads, taking care to have the intestines come at the same time. This is all the cleaning needed, except plenty of washing; dry them on a dish-towel. Have a frying-pan of hot pork-fat ready; cover it with one layer of the fish; fry them two or three minutes, turn them over, and fry as long on the other side, and take out, laying them, heads and tails alternately, on the platter, and serve with a little of the gravy. If cooked longer than this, they break up; and this cooks them sufficiently.

SUN-FISH.

The oil from the sun-fish is one of the best remedies ever used for softening stiff cords caused by rheumatism. If its value were generally known, this fish would not be left to decay on the beach when caught, and treated as a nuisance; but, on the contrary, its oil would sell for a greater price than any other oil.

SWORD-FISH.

The season for this fish is the summer. It may be fried like halibut. When boiled, it is almost as nice as salmon. Use a teaspoon of salt to each quart of boiling water, and allow thirty minutes, or a little more, to boil two pounds: a thicker piece needs longer time to boil.

TROUT.

Their season is from March to August. Some persons who have plenty of cream bake the trout in it; others prefer it fried in pork-fat; or it may be boiled or broiled like other fish.

There are many other kinds of fish; but enough are given to show how to cook all.

SOUPS.

Much wonder has been expressed that Parisians should be such soup-eaters; but, if water were as scarce in our houses as it is in theirs, we should be compelled from that cause, if from no other, to eat soups. When boiling meat or vegetables, much water is thrown away; and those who are obliged to hire it brought by the pailful cannot afford to do so: hence it must be eaten, and is called soup. It is also a great waste of vegetables, as well as of meat and water, to throw away the water they are boiled in: so, in eating soups, nothing is wasted. It is hardly worth while to buy meat on purpose to make into soups, except for invalids, as there are so many bones and waste pieces left of roasted and other meats. It is a convenient and an economical way of using up all pieces not in good shape to present at table, such as the remains of a roast after dinner, or of uncooked meat where slices have been cut off for broiling or frying. A leg of lamb or mutton is excellent when sliced and broiled, and what remains is fit only for a soup.

To extract most nutriment from meat, put it in a pot of cold water; and, as scum rises, spoon it off. Four hours are not too much time to cook a soup, as it should boil slowly, and not burn. Either place the longest bones across each other, resting on the ledge of the pot inside; or use the iron cross-piece, to keep the meat from the bottom, where it would burn.

Every dinner-pot ought to have quarts marked in the sides of it when made, so that *tasting* may be dispensed with. Salt should not be added at first, as the water often boils away much, and it would be too salt when done. Salt also hardens the water, and tends to keep the nutriment in the meat. When nearly done, add a teaspoon of salt to each large quart of soup.

One tomato to each quart of soup gives it a pleasant acid, and one bay-leaf or two to a soup an agreeable flavor. If the meat contained any fat, set the soup away till cold, remove the fat, and save it for pastry; next day warm the soup, cooking

in it such vegetables as are wanted, and season it, and thicken only two minutes before serving, as it is almost sure to burn if thickened sooner, with flour. If rice is used, it may be boiled a half-hour or more.

Water that fowls are boiled in should be saved for soup, and it may be seasoned and thickened like other soups. A skilful cook will vary her soups, so that all will not have the same flavor.

The vegetables most used in soups are beans, a little cabbage cut fine, a sliced carrot, egg-plant, onions, parsnips, peas, sliced potatoes, tomatoes, and turnips. The flavors used are the bay-leaf, the tops or leaves of celery, dill, garlic, harsh radish, lemons, marjoram, parsley, peppers, savory, spearmint, and thyme; but all should not be used at once. Thicken with rice or with corn-meal, corn-starch, flour, or oat-meal wet in a little cold water. The meat that soup is made from is not usually served with it: but, if wanted, eat it; or, if not, save it for mince-pies; but look carefully for small bones.

Green beans in soup should be cooked two hours; dry ones, four hours; cabbage cut fine, one hour; a sliced carrot, two hours; sliced egg-plant, three-fourths of an hour; onions, a half-hour; parsnips, one hour; green peas, one hour; dried split peas, three hours and a half; white potatoes, a half-hour; red ones, an hour; tomatoes, any length of time preferred; and sliced turnips, an hour and a half. Cook flavoring materials as long as the soup is cooked, except celery-leaves; and these are done in a half-hour, and may be eaten as greens.

BEAN-SOUP.

Use a pint of dried beans, two or three quarts of water, three pounds of beef without bone, and six potatoes.

BEEF-TEA.

"One pound of lean beef chopped fine, mixed with an equal amount of cold water slowly heated to boiling, and, after boiling a minute or two, strained through a towel, makes the most nourishing sort of soup that can be made." — *Liebig.*

BONE-SOUP.

Fill a common dinner-pot half full of bones which have some meat remaining on them, such as are left after a roast, whether beef, mutton, poultry, or veal; cover them with cold water, and put over the fire three hours before dinner. In one hour, add one sliced carrot that has been washed, scraped, and rinsed, also one or two clean turnips sliced; and, in another hour, add a teaspoon of salt to each quart of water then in the pot. Wash, pare, and rinse as many potatoes as wanted, and, ten minutes before dinner, take them out, excepting one or two, and set them in the oven till dinner. Strain the soup, removing all the bones, mash the two potatoes in the soup, replace the vegetables, and serve with or without the meat, as wanted.

If pepper is desired in soups, use the vegetable pepper in small pieces; but all pepper is productive of red noses, and is not particularly wholesome: most persons use a great deal too much of it in seasoning food. If ground herbs are used, leave out the potatoes, excepting two for the soup, and cook them separately, as ground herbs give them a dirty appearance, although it is only in appearance. If onions are wanted, boil them thirty minutes: if to be eaten separately, cook them twenty minutes.

CHICKEN-SOUP.

Boil a chicken for dinner, if young, one hour; if an old fowl, two hours or more, according to age, in water enough to cover it, adding a half-teaspoon of salt to each quart of water after it has boiled nearly enough. When done, serve the fowl, but set away the soup, and, when cold, remove the fat for pastry; and next day set it on the fire again two hours before dinner, and to two quarts of soup add a half-cup of chopped cabbage, a small turnip cut fine, three tomatoes, one bay-leaf, two sweet and six common potatoes; and, fifteen minutes before dinner, wet two large spoons of oat-meal in a little cold water; add to the soup, and, when done, serve.

INVALID-SOUP.

This may be made of lean beef (if certain that it is not dis-

eased), of lean mutton, poultry, rabbit, or venison. Cut two pounds of lean meat in small pieces, put it into a pot with two quarts of cold water, and boil it three hours, or until reduced to one quart. When nearly done, add a teaspoon of salt, or less, to each large quart of soup. If rice is wanted in it, cook it one hour. Strain the soup, saving the meat for pies, and serve. Soups for invalids may be varied to suit their taste and condition: any vegetables, if well cooked, would not injure the convalescent if wanted.

PEA-SOUP.

Boil two quarts of green peas, in water enough to cover them, one hour, with a few slices of salt pork; and, when done soft, strain, add a little salt if needed, and thicken with a large spoon of flour wet in cold water, or with one-fourth of the peas mashed fine: add a little butter, and serve.

It may be made of dried peas. Soak a pint of split peas all night in one pint of cold water; next day, add three quarts of cold water, and set all over the fire. Put with it a pound of lean meat, either beef, pork, or mutton, and boil all of it three and a half hours. If the water boils away, put in enough to make three quarts when done. Care should be used that it does not burn while cooking. Strain, if it needs it, and serve.

Rabbit, venison, and game are nice for soups.

STEWS.

These differ from soups in being composed of less water, and all that is cooked in them is served at table in one dish.

BEEF-STEW.

Take three pounds of lean beef free from bones, or six pounds of meat and bones; put it in cold water enough to cover it, and let it boil three hours, skimming as the scum rises. Two hours before dinner, add a carrot sliced thin, two turnips cut small, and in one hour more a parsnip; a half-hour before dinner, four sliced onions, a large spoon of salt, or less, a dozen sliced potatoes, a large spoon of rice, and a tea-

spoon of ground savory. When done, thicken with a large spoon of flour wet in cold water, boil two or three minutes, and serve, after taking out the bones.

For dumplings, use bread-dough that is raised sufficiently to be baked, make it into very small biscuits, lay them on the top of the stew a half-hour before it is done, and serve on a separate dish.

MUTTON-STEW.

Remnants of roasted mutton or lamb are good in stews made like beef-stew; but two hours will cook them sufficiently.

PORK-STEW.

When a whole hog is cut up for the use of a family, there are many bony pieces fit only for a stew. Fill a dinner-pot half-full of these pieces; cover them with cold water, put over the fire three hours before dinner, adding a large spoon, or less, of salt, and a small piece of a red pepper. Pare a dozen and a half potatoes, cut them in small pieces, and boil a half-hour, or more if red ones.

For dumplings, scald a pint of corn-meal in boiling water enough to wet it, and no more, add a salt-spoon of salt, wet the hands in clean water, roll the dough into small balls for dumplings, boil them twenty to thirty minutes, and the stew is done. Remove all fat, if possible, while boiling.

SALT-PORK-STEW.

Cut in slices two pounds of lean and fat salt pork or corned shoulder, and put it to cook in a quart of hot water two hours before dinner. Add to it, in slices, one cup of carrot, two cups of parsnips, three cups of turnip, and, a half-hour before dinner, four cups of potatoes, and a cup of onions if wanted. Season with a teaspoon of salt if not salt enough, a small piece of red pepper, and thicken, just before serving, with a spoon of rye-meal wet in cold water. Rye-dumplings are sometimes eaten with it.

POULTRY-STEW.

Whole fowls appear better on the table than odds and ends do in a plain dish; but the latter are very good for a stew. If the fowl was cooked with dressing in it, the dressing, if any remains, must be taken out, and the fowl rinsed, or it will cause the stew to burn. Lay the remnants of fowl in a dinner-pot one or two hours before dinner, cover with cold water, put in as many vegetables and herbs as wanted, at the right time for each; and when done, and just before taking up, put in the gravy, if any was left, and, if not, thicken it a little with a spoon of flour wet in cold water; remove the bones, and serve. Make dumplings of bread-dough, and cook them on the top of the stew a half-hour. The cold dressing may be warmed in the oven, and eaten with the stew.

A good way, where there is dressing in a fowl, is to place the remains of fowl, dressing, soup, gravy, and vegetables, in a kettle, and set it in the oven two hours before dinner: this makes a good stew.

VEAL-STEW.

Use the remnants of a roast, or the neck or breast of veal, for a stew: if raw meat is used, put it in a little cold water, skim, and let it boil about two hours, adding as many vegetables and herbs as are wanted, and cooking each as long as directed in soups. Cold roasted meat will stew in less time. Make dumplings of bread-dough.

MEATS.

Some persons cook meats in such a way, that they lose all individual taste, and it is impossible to tell whether it was once a part of a calf, lamb, pig, or ox. Meat that is parboiled, and then roasted, as some cook it, thus loses its taste, and no one could guess where it grew. Each kind, properly cooked, has a taste of its own, unlike any other.

Some directions for cooking meat say it should be cooked so long a time for each pound; but this is not correct, as it requires longer to roast a leg than a loin of equal weight. The

time required depends on the thickness of the piece to be cooked.

It is said that charcoal sweetens tainted meat if the hot coals are put in the pot when boiling; but it is better not to let the meat spoil, as it is very unwholesome.

If meat is frozen when wanted for a roast, wash it in cold water, and put it to roast, allowing time for it to thaw, and then the usual time to roast it: it will need about a half-hour more for being frozen. If it is to be boiled, wash as before, and put it into boiling water. Flyblows may be washed off if any are on the meat.

BEEF.

Beef is usually considered best from November to May or June, as it is fed on grain. The hind-quarters are the best parts.

CHEEKS.

These may be used in soups or stews.

CORNED BEEF.

There are many parts that may be used as corned beef; but the ribs or flank are as good pieces as any. It should not be kept in brine too long, as, the less salt in it, the better it is: even fresh beef may be boiled in the proportion of seven or eight pounds to two or three quarts of boiling water, with half a cup or a cup of table salt in it, and is very nice. The general fault with corned beef that is sweet is, that it is not cooked long enough: almost any part would be tender if boiled a proper length of time. To boil beef well, put on the pot an hour before the meat must begin to boil, to be sure it will be done tender. The water must boil when the meat is put into it to prevent the juices going into the water; and have the salt in, unless salt beef is to be boiled: this hardens the water, and prevents the juices being wasted. If it boils three hours, it will be done, unless it is extremely old and tough. If the water boils away, add boiling water, that the meat may not stop cooking.

If a piece of salt pork, either head, ears, tail, or legs, is wanted with it, boil it from two to three hours, according to size. Beets never should be cut, but washed clean, and, if winter beets, boiled three hours, and summer beets half as long. Carrots should be scraped, washed clean, and boiled two hours. Cabbages should have all the dirty and decayed leaves taken off: examine them thoroughly all the way through to find insects, and then boil them in a bag netted of new twine, and kept for this purpose, from thirty minutes to two hours and a half, as they are wanted, hard or tender, as, the longer they are boiled, the softer they become. The Savoy cabbage does not require so long to cook as other varieties. Parsnips should be boiled one hour; and winter squash, after it is pared, thirty to sixty minutes, according to thickness; potatoes, from thirty to sixty minutes.

HEART.

Where many mince-pies are made at a time, the heart is used: it should be boiled till very soft; and let the water boil away at last, using what there is in the pies. Sometimes the heart is stuffed and baked.

KIDNEYS.

The kidneys are eaten broiled or fried by some persons, or used in stews.

LIVER.

This should be fried, or broiled, like steak.

NECK.

The neck-pieces are used for soups, stews, or mince-pies, but need boiling from three to four hours.

ROASTS.

"The *sirloin* is divided into roasts, of whatever size wanted. The thick part, containing the hip-bone, will give the largest piece; while the small end cuts two small pieces, from eight to twelve pounds each.

"The best of them is the *middle-cut sirloin.* The other part adjoining the ribs is known as the *thin-end sirloin.* The thick part of the sirloin, by cutting off a few round-bone steaks adjoining the rump-side, contains the largest part of the *tenderloin,* or *filet-de-bœuf,* which forms a large and choice piece for roasting, known as the *hip-sirloin.*

"The whole rump-piece is usually divided into two or more pieces: the first, or that which joins on the sirloin, is called the *face-rump,* or *socket-piece;* the other part is known as *rump* of beef. The first ribs (of the fore-quarter) begin from the thin-end sirloin, and are always the smallest, and most suitable for a small family. The first two are called the *first-cut ribs;* the next — third, fourth, and fifth — are called the *middle-cut ribs,* or *second-cut ribs;* and the sixth and seventh are called the *third-cut ribs:* these are considered choice pieces for a roast. The eighth and ninth are known as the *first-cut chuck-ribs;* the tenth and eleventh are called the *second-cut chuck-ribs;* and the twelfth and thirteenth are usually known as a *chuck-piece,* or *chuck-ribs.*" The above is taken from De Voe's "Market Assistant."

The time beef should roast or bake depends somewhat on the fire: the lining of a coal-stove, also, has a great deal to do with it, as, when the lining has become twice as thick as it was originally by the adhesion of clinkers, the oven bakes very slowly: either get them off, or have a new lining, as much fuel will be saved by so doing. Beef needs a hot oven to cook the outside quickly while the inside is rare, that all tastes may be suited. Rare roast beef is considered more wholesome than the hard, dry pieces; but it is not agreeable to all persons.

When carving meat at table, always cut across the muscles, as the meat is better, and cuts better, so.

One rib of beef needs to roast about one hour with a good fire. A piece containing two ribs needs two hours to cook. Every meat-pan should have something like an old-fashioned gridiron, without the handle, on which to lay the meat, and keep it out of the water. Wash the meat quickly, that no juice may be wasted; lay it on this iron; put a little salt on

the meat, and a cup of water in the pan; and, when the meat begins to brown, baste it with the water in the pan, or, if not sufficient, get more.

Just before dinner, put this water, which will be gravy by this time, into a saucepan, thicken it with a spoon of flour wet in cold water, and serve: if there is too much fat on it, spoon off some, and save for pastry. After a dinner of roast meat, much is left on the bones, which a sharp knife will cut off. It is good cold, or may be warmed in the gravy another day; or a nice pie may be made of it with an upper crust, or a cover of mashed potatoes. If the meat is not cut too close, the bones make a good soup.

ROUND.

The round just above the shank is often sold for steaks; but it is not fit for them, as it is too tough; and hammering the juice out of steaks does not improve them at all. This part is better to corn than to broil.

RUMP.

Good steaks are cut from the rump, or it may be roasted.

SHANK.

This is fit only for soups, stews, or mince-pies, and needs long boiling: three or four hours should be allowed.

STEAK.

The round, although often sold for steaks, is not fit to use, as it is too tough; and no amount of hammering will make tough steak eatable. Good steak is made tenderer by hanging till on the verge of spoiling, and should be cooked when it arrives at this stage, being kept where flies cannot reach it. The rump, or a part of it, makes good steaks. What is called porter-house steak is cut from the small end of the sirloin, or what would otherwise be roasted.

"The tenderloin is the most tender part of beef, and is taken from the under or kidney side of the whole sirloin, and seldom weighs more than ten pounds in all. The thick-end sirloin

contains the largest part of the tenderloin, and, when not used for roasting, is cut into three kinds of the finest dinner-steaks. The first and best, containing the largest quantity of tenderloin, is known as the hip sirloin-steak, of which there are but two or three in one sirloin. Next in order is the flat-bone sirloin-steak, of which there are about the same number. This is followed by the same number of round-bone sirloin-steaks, which are cut up to the socket-piece." The above is also taken from "The Market Assistant."

The best and only proper way beefsteak can be cooked is over *hard-wood coals*, as nothing else will do as well; but it is a dish very seldom seen even decently cooked. Those who use wood to cook by can make a fire of the hardest wood, and, when burned to bright red coals, take off the stove-hearth, draw out the coals, lay a gridiron over them, swab its bars with fat, and, when hot, lay on the meat cut even about three-fourths of an inch thick, turning every few seconds till no raw meat is seen on either side. The fat pieces should be cooked separately and last till well done: lay all on a hot platter with a little butter and salt on each piece, and serve as soon as cooked. Some persons spoil the best steak by frying it in pork-fat, and it is oftenest cooked in this way by those who have the best materials to cook it with; but the worst of all dishes is the round cooked in this way, as is often done.

Steak may be cooked in a frying-pan by heating it very hot, and swabbing it before putting in the meat, which should be cut in pieces about as large as the palm of a hand. A few pieces may be cooked over a hard coal-fire, if it is very hot; but the fire soon spoils, so that a second broiling at one time is impossible. Cold steak need not be wasted, as it is good chopped fine, seasoned, and warmed for breakfast.

SUET.

The suet around the kidneys is used for various kinds of boiled puddings, baked corn-meal puddings, dressing for meat and poultry, and for mince-pies. Candles may also be made from it.

TAILS.

Ox-tail soup is considered excellent by many persons, and may be made like other soups, removing the bones before serving.

TONGUE.

When salted ones are purchased, there is usually more or less saltpetre in them; and this should be avoided. It is always best to buy them perfectly fresh, as much of the nutriment is lost by curing in the usual way. Have a pot of boiling water to put the tongue into; and for a small, fresh one, use about half a cup of table-salt; and for a larger one, and a greater quantity of water, one cup of salt. Fresh tongues cooked in this way are better than salted ones. Boil a tongue till a fork goes into it easily, which will require about three hours for a small one, or four for the largest size with the roots on. A salt one without roots, weighing ten pounds, will cook in about three hours. If it is to be eaten hot, take it out at dinner-time, and, with a shoe-knife having a sharp point, peel the skin off neatly without chipping the tongue, and serve. If to be eaten cold, let it remain in the pot till the water is cold; then take it out and peel it. If it is taken out hot, peeled, and set away, the outside becomes hard and dark-colored. The same is true of corned beef.

TRIPE.

Tripe is usually cooked sufficiently before being sold, and only needs to be warmed thoroughly. Lay a small piece of butter in the frying-pan, and lay in the tripe, turning it in two or three minutes; and, when both sides are done, serve. Some like butter, pepper, and salt on it. It is best when it has lain in vinegar a short time before being warmed. It may be broiled, if preferred so.

LAMB.

Lamb is in season, and of best quality, in June, July, and August.

"To choose lamb, first examine the fat on the back, and then

that of the kidneys, both of which should be white, hard, and of the same color. Lambs are tender creatures. Rough treatment produces a feverish state, which causes the flesh and fat to be veiny and of a dark-red color, and also renders it dry, tough, and tasteless.

"The kidney-fat should not be raised, stuffed, or blown, but merely its own caul or fat laid on its legs and flanks to prevent drying or burning when roasting. Beware of two or three colors of fat found about the dressing of the hind-quarters, which, in all probability, is here appropriated from some other animal, which gives it a different flavor when cooked. This caution applies to all kinds of meat of blown or spongy appearance, this being frequently produced by human breath."

The above is taken from "The Market Assistant."

A quarter of a young lamb is so small, it is not usually divided. The hind-quarter is best, and should be roasted: one weighing five pounds should roast one and a half hours. The fore-quarter may be either roasted or boiled; but there are more bones in proportion to the meat than in the leg, and it is quite as good boiled as in any way: put it into boiling water, with a teaspoon of salt to two quarts of water. Six pounds will boil enough in one and a half hours. The soup may be thickened, and eaten at dinner, or set away till cold, the fat removed, and the soup warmed next day, having vegetables boiled in it either day or both days: thicken only just before serving, unless rice is used.

Chops, or steaks, from the leg, are better than from the loin, being nice slices without bone. Cut around the leg, and broil them like beef-steak; or fry them in a hot pan swabbed with fat, and use the bones for a soup or stew. The head, heart, and liver are used after being boiled. The tongues are good, but, if corned, sometimes need to be freshened before boiling.

MUTTON.

De Voe says, "The age of the animal producing the best mutton appears to be between three and five years.

"To choose the best mutton, the fat should be white, clear,

and hard; the scored skin on the fore-quarters nearly red; the lean firm, succulent, and juicy, rather of a darkish-red color; and the leg-bones clear, and nearly or quite white. Poor mutton is seldom fat; but, if so, the fat will have a yellowish appearance. The flesh of ram-mutton is usually dark."

The saddle of mutton, which is cut for a large roast, is more than most families want for one dinner. The leg is considered the best part of the animal, and brings the highest price. It should always be used for a roast, or for chops or steaks, to fry, or to broil like beef-steak; while the bones and meat remaining are fit only for a soup or stew. A leg weighing ten pounds should roast about two hours.

The loin is the next best piece, and should be roasted from one hour to one and a half, according to size: it is often used for chops; but the leg is better.

The fore-quarter should be boiled, as it is better done so than roasted, on account of the bones: it may be boiled whole if not too large, or the shoulder may be separated from the breast and neck. A shoulder weighing seven pounds needs to boil one and a half hours. Serve with vegetables and caper-gravy. The soup may be thickened just before dinner, and the gravy made from a part of it. Boil the vegetables with the meat if there is room. The breast and neck-piece may be boiled or roasted the same length of time as the loin is. If roasted, cut off the neck or scrag, and boil it, or save it for soup or stew. Those who raise their mutton corn or salt a part of it not wanted for present use; but it will keep fresh and sweet a long time in the coldest weather.

PORK.

Many persons dislike to eat Western pork who have not the least objection to Eastern pork. But what is the real difference between the two? Western hogs are turned in large droves into a cornfield, after the corn is ripe, to feed themselves; and, as water is a necessity here, it is provided, where the animals can go to it when wanted. Thus they get exercise and water, — two things which Eastern hogs suffer for want of,

as any thinking person knows who ever saw the small, filthy sty, from six to ten feet square, where the poor animals are doomed to drag out their miserable lives, without even a drop of cold water through the hottest summers; all the liquid they get being swill. Now, suppose any man had all the soup he could drink through the summer, would that satisfy his thirst like cold water?

All domestic animals are treated cruelly when deprived of water and exercise, and cannot help suffering from disease: consequently, all who eat their flesh suffer more or less. If Eastern hogs cannot have a cornfield to feed in, they can have an orchard, or other place, in which to stretch their limbs; and as they eat the unripe, wormy fruit, they are a positive benefit to it. Water should be within reach whenever wanted. Hogs that are kept in small pens, and stuffed to increase their weight, can never be fit for food; and two hundred pounds is the most that one should ever weigh.

De Voe says, "Choice pork is from an animal the carcass of which will not weigh less than fifty, and not more than a hundred and twenty pounds."

The leaner pork is, the better; and being, at best, of such a fat nature, it should be eaten sparingly, if at all, in summer. Measly pork should never be used.

"It may be known by the many yellowish lumps, or kernels, seen through the fat and lean, as well as by the flesh having a heavy, dull appearance."

When killed, it should be hung in a cold place till cooled through before being cut up. Lay the carcass on a bench; cut off the head, and place it in a tub of cold water to remove the blood; next cut the carcass in two by cutting the length of it just one side of the backbone; then cut the other side of the backbone, and take it out, cutting it in pieces for a stew. Take out the lard-leaves, and lay in a clean pan.

Cut out the hams and shoulders, and take out the spare-ribs whole: considerable meat may be cut from them in slices for frying, or for sausages, leaving the ribs just spare enough to be good. Our grandmothers would not know a modern spare-

rib from the market if they could see one: they used to roast one whole, suspended from the mantel before an open fire.

Cut the fat pork in strips long and narrow; lay them in a tight barrel in close layers, with plenty of coarse salt between each; cover all with salt, and make a brine of a little more salt and cold water sufficient to cover all; put a stone on the top to keep the pork under brine, and cover the barrel. The pork is soon ready for use. The whole leg should be cut off, as it is a very poor part of a ham, but is excellent when salted, and boiled with vegetables.

The head should be divided, and, together with the ears, legs, tail, and tongue, should be cleaned, excepting the tongue, by scalding the skin, and scraping it till clean; then pack them in a firkin, and cover with a weak brine. It will not do to salt them with the barrelled pork, as they spoil it in a short time. The shoulders, if not roasted fresh, should be kept in brine till wanted to boil with vegetables, in which way they are nice; or they may be smoked like hams.

ROASTING-PIGS.

These "should not be less than three, nor more than six weeks old: they are best in the fall and winter, weighing from eight to fourteen pounds." Cook one from two and a half to three and a half hours, according to weight.

BROILED PORK.

Slices of fat salt pork may be broiled over hard-wood coals. It is eaten with vinegar, and sometimes pepper.

CORNED PORK.

Have a pot of boiling water ready; clean the rind of the pork with hot water and scraping, and boil it two hours. The head, tongue, ears, legs, and tail are excellent boiled with vegetables: cook the latter as directed in the rule for corned beef and vegetables.

CORNED SHOULDER.

Take a small shoulder of pork, or part of a large one, that

has been in brine a short time, but is not smoked: it will boil enough in about two hours. Three hours should be allowed for one weighing ten pounds: it is good hot or cold. If not too salt, it may be baked, allowing two hours to five pounds.

EARS AND FEET.

These need a great deal of cleaning. First scald the skin in boiling water, and scrape with a knife till clean. The legs should be cut off as near the ham as possible; for a long shank on the ham is wasted, while it is excellent eating if boiled with corned beef and vegetables. Boil them two hours or more.

HAM.

A pickle sufficient for four hams is made by mixing together one large pint of table-salt with a large quart of molasses. Rub this mixture all over the hams; and let them remain in a tub, in this condition, one week, if the weather is cold; if not, less time. Then pour over them a weak brine made of a half-peck of coarse salt, and water enough to cover all the hams. They should not remain in this brine more than six weeks, and less time would be better. Hams are usually preserved by adding saltpetre to the mixture, which is rubbed over them; but it is a poison, and no meat is improved by its use. Smoke in meat is unwholesome; but it will not keep long without it. Smoke them in a brick oven, by putting each one on a sled, or something similar, kept for the purpose; make a fire of corn-cobs near them, letting them remain till next morning; renew the fire of cobs, letting the hams remain till this is out; and put them away in a dry place. If wanted to keep into summer, put them into a large bag; place the bag in a tub in some cool place, and cover the bag with ashes. The less they are smoked, the more wholesome they are; and they keep a long time packed in this way.

Neither raw nor half-cooked ham should ever be eaten, as it may possibly contain the minute insect called trichinas, which causes sickness, and even death, in those eating such

meat. Whole hams are best to cut slices from for frying; and, if too salt, they may be freshened by remaining in cold water a few hours before being cooked. The outside, except where covered by rind, usually needs washing. Cut off the rind before frying, and fry till both sides are brown. Fried eggs usually accompany fried ham, but should be cooked separately, because, if fried in the fat of ham, it gives them a dark, dirty appearance. After the larger end of a ham has been used for frying, the rest is good boiled.

BOILED HAM.

Have a pot of boiling water ready, and boil eight pounds two and a half hours, or ten pounds nearly three hours, and a smaller piece somewhat less. As soon as a sharp steel fork goes in easily, take it out, and remove the skin: it is good hot or cold. Whole boiled hams are sometimes ornamented with spots of pepper, whole cloves set in them at intervals, and hard-boiled eggs cut in slices. Cut the ham very thin when intended for the table; boil two or three eggs five or six minutes; and, when cold, shell and slice them to lay on the sliced ham. Hams may be freshened in cold water over night, and baked, requiring full as much time as to boil.

HEAD.

This should be soaked in cold water till free from blood. Hang it up to drain; cut it in two or four pieces, and put it in brine with the legs. After it has remained in brine a few days, boil it one and a half to two hours with vegetables such as are boiled with corned beef or pork. If wanted before it is salted, salt the water it is boiled in, using a teaspoon or more to each quart, and remove the bones before serving. Peel the tongue, and lay separately. The head, when fresh, may be roasted whole in an hour and a half, or more if large.

HEAD-CHEESE.

Boil the head and legs two or three hours in water enough to cover them, letting it boil away at last; and, when done, remove all the bones from the meat, chop it fine, and to each

large quart of meat and soup add a teaspoon of salt, a very little pepper, and a teaspoon of sage or savory; mix all well together, and, when nearly cold, lay it into a cloth in a stone pot or jar, folding the corners together; lay a weight on, and in a few days it is pressed enough to eat. Slice it cold, or warm it for the table. The liquid, which forms a jelly, holds the meat together while cold; but some persons warm it for the table, although heat does not improve its appearance.

HEART.

When fresh, the heart is very good sliced, and fried with fat fresh pork. It should be fried on both sides till brown.

LEAF-LARD.

If any dirt is on the leaves, wash it off, and cut them in inch-pieces. Put a little water in the kettle first to prevent burning, and put in the pieces of the leaves. Cook this over a slow fire, stirring frequently to the bottom of the pot; and, as fast as it melts, dip out the lard, and strain it through a tin gravy-sieve into a whole tin pail kept for this purpose. Hot lard bursts earthern-ware at once; and, if put in cold, the lard soaks through the pot, and is wasted: therefore tin is the best material to hold lard, hot or cold. When most of the lard is dipped out, the scraps become brown, and swim on the top. Dip out as much as possible; put the remainder into a stout bag, and press it with two pieces of wood connected at one end by a hinge. Something of this sort is necessary for this and other purposes. Some people cook lard all day, burn it, and then find fault with the seller. The scraps should be saved for soap-grease.

"Lard is largely adulterated in this country with water, terra-alba (white earth), paraffine, and other substances. A practical chemist states that he has examined specimens in the hands of dealers adulterated to the extent of thirty per cent. Some Western specimens held from ten to twenty per cent of water."

According to this extract, the Western lard is preferable to

the Eastern; and use proves it so. Pie-crust made in the usual way, if of Eastern lard, is so hard as to be almost like leather: no one should buy a second box of it, but let the manufacturers keep it. Pure lard, when mixed with an equal amount of cold water, makes a crust as rich as any one can eat: and no manufacturer can deceive the intelligent cook in this matter; his reputation, as well as purse, will suffer.

LEG.

A leg of pork, such as are generally used for hams, may be roasted fresh: one weighing ten pounds requires three hours.

LIVER.

Fry some pieces of fat fresh pork; slice the liver thin, and fry till well done, sprinkling a little salt on it while frying; or the heart and liver may be broiled.

PIE.

Fill a pudding-dish with slices of lean, baked pork; make a little gravy, if there is none remaining; add a little pepper, salt if needed, a teaspoon of sage, savory, or other herb, and cover with pie-crust. Bake till the crust is light brown, which will be in about a half-hour.

RIB.

A spare-rib from the market is usually thick, instead of spare; and one weighing six pounds requires two hours to roast sufficiently. Most of the meat should be cut off to fry, or to make into sausages, and all the ribs left together, instead of being divided; then lay it in a meat-pan (convex side up), sprinkle on a little flour and salt, put a little water in the pan, and bake one hour.

SAUSAGES.

Those who dislike to eat sausages which are made to sell can make them with little labor. Use fresh pork, with only a small proportion of it fat, and chop it fine, — three small pints of pork, three teaspoons of fine sage, one and a half teaspoons of salt, a little black pepper, adding as much hot water only

as will serve to mix all well together; or, if preferred, heat the meat sufficiently to mix it. It is a great deal of work to turn and clean sufficiently the skins generally used to contain the meat, if it is possible to clean them. A better way is to take a yard of bleached sheeting, wash and dry it, and make it into bags, using a piece nine or ten inches wide to each bag. Fill the meat into these; tie and hang up in some cool, dry place; and, when wanted, turn down the bag, cut the meat in slices, and fry it till brown on both sides, which will take but a few minutes.

Any unprejudiced person will allow that they appear much better on the table than do filled intestines. But, if any one prefers the old way, it is better to cook them in the stove-oven. Wash them, and bake in an iron pan from three-fourths to one hour. It requires a longer time to bake than to fry them; but they cook through without breaking open, which is next to impossible when fried. Sausages in skins may be preserved through the winter by partly cooking them, and pouring their gravy over them in a tin vessel, the lard keeping the air from them.

SOUSE.

After the legs of pork have remained in brine about three weeks, boil them from two to three hours, according to size; take out of the pot, and, when cold, pack them in a clean firkin or in stone-ware, and cover with cider-vinegar.

POULTRY.

De Voe says, "To judge a chicken from a fowl: the lower end of the (chicken's) breastbone is always soft, like the gristle in a person's ear. The spurs of a young cockerel are soft, loose, and short. When old, the comb and legs are rough, spurs hard, and firmly fixed; and both cock and hen have a hard breastbone. When seeking for the best fowls, select those which are youngest, plump, fleshy, and fat, and the flesh nearly white."

All poultry should have the crop and intestines drawn out

as soon as killed: if left in long, they cause the meat to have a smell while cooking, and a taste afterwards like the intestines, which is very disagreeable. When a fowl is purchased, cut a small slit back of the crop, and take it out, if there; take out all the giblets; cut off the oil-bottle and feet; light a piece of brown paper, and hold the fowl over it till the hair is singed off. If the pin-feathers are hard to remove, a pair of pinchers will aid the operation. Wash the fowl inside and outside till the last water is clean, and hang it up to drain, or wipe it.

If dressing is to be used, fill the cavities with it, and sew them up with a needle and thread, or washed white yarn: it does very well not sewed, sometimes, if there is not much dressing. Tie a clean twine or yarn around the body, over the wings, if it is to be roasted, and another around the lower joint of the legs, to keep them in place. Lay it on a baking-pan, sprinkle on it a little salt and flour (the latter to prevent scorching the outside), a little water in the pan, and it is ready for the oven: it should be basted often. Next prepare the giblets. Cut the gall from the liver, and throw it away, taking care not to break it before removing, as it gives a bitter taste to all it touches. Cut the gizzard open across the narrowest way; remove its contents and both vents; cut open the heart, and wash all these till clean, and boil them in a little water one hour and a half. Young chickens not fully grown are sometimes called

BROILERS.

A half-hour is required to cook them, unless very small. Broil them like beef-steak, over hard-wood coals; and, if well done, they will be very nice.

CHICKENS.

Some call all fowls not over a year old chickens. Prepare according to the directions already given, and roast or bake an hour; or, if boiled, an hour is enough. Serve with gravy. Chickens over a year old are called —

FOWLS.

And it is quite as well to boil or pot them, as sometimes they have seen numerous summers; and an old fowl well potted is nearly, if not quite, as good as a chicken roasted.

BOILED.

Prepare as usual, except the stuffing and tying; put it into a pot containing boiling water, and let it boil from one and a half to three hours, according to size and age. Boil with it a pound or less of salt pork, if wanted, an hour and a half; and, at the proper time for each, add the vegetables, such as cabbage, carrot, turnip, parsnip, squash, and potatoes. The soup is excellent if thickened, and may be served first. If there is too much fat, spoon off some, and save for pastry; but, if it is to be eaten next day, set it away without thickening. When cold, take off the fat, and thicken when warmed.

BONED.

Boil a chicken two, or a fowl four hours, in a very little water, and then remove all the skin and bones, adding a teaspoon of salt, a half-teaspoon of fine sage or other herbs, a little pepper, and put with the soup, after all are well mixed together, into a tin dish. When cold, it may be sliced.

FRICASSEED.

A chicken needs boiling nearly an hour to be made into a fricassee. Take it out of the pot, cut it up, and fry it in a little fat from salt pork till brown, or broil it a few minutes; then thicken the water it was boiled in with a spoon of flour wet in cold water; cook the chicken in it a minute or two, and serve all in one dish.

POTTED.

Prepare the fowl as for roasting; put it into a pot that has a little water boiling in it, and let it cook, if old, two to three hours: a young one will cook in less time. Cook the giblets in the same pot two hours, if the fowl is old; and, if young, one and a half. Make the gravy of the soup which the fowl made

by boiling. Care should be used that the water does not boil wholly away at any time.

DRESSING.

NUMBER ONE.

Chop fine a half-pound of fat salt pork, wet two dozen crackers, or the same amount of bread, in cold water, and chop with the pork; add a pinch of black pepper, a large spoon of fine sage, and water enough to mix it.

NUMBER TWO.

One pound of beef-suet chopped fine, one and a half pints of bread wet in a cup of water, and chopped, a half-teaspoon of salt, a pinch of pepper, a large spoon of fine sage or other herb, and an egg. All this should be chopped together.

NUMBER THREE.

One and a half cups of chopped beef-suet, one and a half small quarts of bread, a cup of water, an egg, a teaspoon of salt, a pinch of pepper, a large spoon of sage, savory, or other herb; and mix all together by chopping.

NUMBER FOUR.

Half a cup of butter, three pints of bread, a large spoon of sage or savory, a pinch of pepper, an egg, and a cup of water; chop all together.

Some persons add onions to the dressing; but, as they are disagreeable to so many persons, it is polite to leave them out. They may be cooked separately.

DUCKS.

De Voe says, "The young or spring duck is always the best. The joints in the legs will break by their own weight. The windpipe will also break easily under the pressure of the fingers. The lower end of the flat breast-bone should be soft; and, above all, they should be plump and fat."

Prepare as other fowls, and roast a young duck one hour.

An old one should be boiled with vegetables, or stuffed and potted two hours or more.

GEESE.

The same author says, "The bill and feet of the young goose are yellow, while those of old ones are red. The lower end of the breast-bone should be soft; and they should be plump and fat. The leg-bone in a young goose will break of its own weight. Green geese are from two to three months old, and are three-fourths grown."

These are much nicer than older geese, and are tender enough to roast. Prepare them like other fowls, and also take out the fat around the opening; then stuff and roast. A young or green goose, weighing five or six pounds, will roast sufficiently in two or two and a half hours. Or fill it with dressing, and pot it two and a half hours.

Old geese are too tough ever to roast tender: they may be potted, or cut up and boiled with vegetables; but it is almost impossible to boil one too long. I have heard of one, twenty-one years of age, that was boiled all day, and was quite eatable. If it is to be potted, stuff it, taking out the leaves of fat (or it will have a strong taste), and cook it three or four hours, taking care that the water does not boil away; but, at the same time, as little water as possible should be used. If boiled, leave out the dressing; and, if very old, boil as long as possible between breakfast and dinner; and, at the proper time for each, put in the vegetables. If the goose is too large for the pot, divide it.

GRAVY.

The gravy for poultry should be made of the water in which the giblets were boiled. Take them out, and, when the liquid boils, add a large spoon of flour that has been smoothed in cold water, stirring constantly; let it boil one or two minutes, and set it off the fire. Mash the liver fine, cut the heart in small pieces, also a part or the whole of the gizzard, and add all to the gravy. An egg may also be added, either stirred in imme-

diately, or boiled with the gravy two minutes, and broken up; or a cold boiled egg may be cut in small pieces, and put in it; also a saltspoon of salt, a small piece of butter if needed, stirring all together in the saucepan. It is then ready to serve.

GROUSE, OR PARTRIDGE.

These are "in market from September to January, but are best in October and November." In hard winters they are said to feed on the poison-laurel, owing to a scarcity of food; but those in the vicinity of orchards feed on the buds of trees. The crop should be examined, to see what it contains, before using. If young, they are excellent broiled, same as chickens. If old, boil or pot them.

GUINEA-FOWLS.

These are considered best in winter. Cook them like other fowls of equal weight and age: if young, broil or roast; if old, boil or pot.

PEA-FOWLS.

De Voe, in his "Market Assistant," says, "The flesh of the pea-fowl is almost or quite equal to the turkey."

PIE.

Meat-pies are best made without an under-crust, as the juice of the pie soaks it soft, and it becomes unwholesome to eat. Nearly fill a pudding-dish with the meat only of cooked fowls; put the dressing in the centre; and pour the gravy over all; season it with salt, only a little pepper, some ground savory or other herb, and some pieces of butter. Cover it with a thick pie-crust which has an incision in the centre for the escape of steam; and bake it till the crust is light brown, which will take about a half-hour.

PIGEONS.

Pigeons are not as good roasted as boiled or potted: it takes the same time to roast them, and they dry up unless constantly basted. The intestines should be taken out before selling; but, if they are not, the cook should do it as soon as

bought, as they injure the delicate flavor of the birds. Cut off the feet, and wash the birds till clean; have a little boiling water in a pot, salted a little; put the pigeons in, and boil or pot them an hour and a half.

QUAILS.

These may be cooked like pigeons; and the same time is required.

TURKEY.

Turkeys are best in fall and winter, as those hatched in the spring are ready for market at these seasons.

"To judge the young from the old: the young has smooth, and most of them black legs (the young Tom has also short, loose spurs), and a soft, gristly breastbone at the thin end. When the legs are rough, the spurs of the cock long and hard, and the breastbone hard, covered with a soft, tough-looking, fat skin, — these signs are generally those of age."

Prepare the turkey for cooking like other fowls. A young one is better roasted than an old one. One weighing five or six pounds will roast in from from one and a half to two hours. One weighing ten or twelve pounds needs three hours, but, if old, a little more time: an old one, however, is better boiled with vegetables, or potted. If too large to boil, it may be divided. Add the vegetables, each in its proper time, such as cabbage, carrot, turnip, squash, and potatoes. After the turkey and vegetables are taken out, the soup, if too much for the gravy, may be thickened with flour, and eaten first. Boil the giblets two hours, and add, in part, to the gravy. Boil the turkey, if ten pounds, two and a half to three hours. If not too large for the pot, it may be stuffed and potted whole, with a quart or a little more of water; but the water should not be allowed to boil away entirely. Cook five to ten pounds from one and a half to three hours. Almost any poultry, young or old, is better potted than roasted or baked.

RABBIT.

The wild rabbit is "found in market from September to January; after which they should not be purchased. They are

best in November. When over one year old, their flesh is dark, dry, and tough. When old, their claws are long and rough."

If young and fat, they are very nice, and, when broiled, are as good as broiled chicken, if not better. Broil one a half-hour over hard-wood coals. They may be stuffed and baked, or potted, boiled, or made into a pie after being cooked. The domestic rabbit is considered by some superior to the wild.

"The young, for the table, are best from twelve weeks to twelve months old."

VEAL.

Calves less than four weeks of age should never be eaten; and those from four to six weeks make the best veal. When properly dressed by the butcher, veal has a reddish appearance. Starved veal is always white, and never should be purchased.

BREAST.

This part contains the sweetbreads; but they are usually sold separately. The breast is used for roasting, and will cook sufficiently in about two hours.

FORE-QUARTER.

The fore-quarter is the shoulder, neck, and breast, and should be divided, as it is too large for one roast; or, if roasted whole, make an incision, and fill it with dressing; and, if the piece weighs ten pounds, roast it two hours in a brisk oven.

HEAD.

The head, tongue, heart, and liver are frequently boiled together, making an excellent dish for those who like it. Soak the head in cold water over night; wash it till clean; and see that the tongue is not cut in pieces when the head is. Cut the others apart, if together (laying the brains one side when the head is cleaned), and wash till clean. Have a dinner-pot half full of boiling water; put all in except the brains, laying the head in last; for, if it is at the bottom, it may fall in pieces when taken up. Boil a piece of salt pork with it, if liked, the

same length of time; or use a spoon of salt. Boil an hour and a half, if large; and, if small, an hour and a quarter will cook it. Wash the brains, peeling off the thin membrane which envelops them; tie them in a muslin bag, and boil with the rest a half-hour. When taken up, peel the tongue, and remove the bones from the head. Thicken the soup if wanted, excepting what is needed for gravy. Vegetables may be boiled in the same pot if there is room. Greens are usually cooked as an accompaniment to this dish.

For the gravy, use a pint of the water the meat was boiled in; thicken it with a spoon of flour smoothed in cold water; stir a few seconds, and set it off the fire; stir in the brains and a teaspoon of ground sage, a little black pepper, a saltspoon of salt (if needed), an egg, and a piece of butter as large as an egg.

HASH.

Chop fine (the next day) what remains after dinner, with an equal quantity of cold potatoes; add the gravy; and warm in a frying-pan, or in an oven.

KNUCKLE.

The knuckle, or shank, is best boiled, or made into a stew. Five pounds require an hour and a half, or a little more, to boil tender. Use about three quarts of water; add a spoon of salt; and, when the water boils, put in the meat. Thicken the soup, and serve first, if wanted, excepting what is needed for gravy. Vegetables may be cooked with it.

LEG.

The hind-quarters of veal are the choicest parts. The leg is too large to roast whole; and a large roasting-piece may be cut off the best end, and the knuckle, or lower part of the leg, used for boiling, stew, or soup; or slices for frying or broiling may be cut off of the larger end. If the bone is removed from the roasting-piece, fill its place with dressing; and roast ten pounds about three hours in an oven not too hot.

LIVER.

Calf's liver is excellent broiled like steak; or it may be fried. Cut it in slices a half or three-fourths of an inch thick.

LOIN.

The loin is considered a choice part of veal, and may be roasted whole, or a half at a time. Two hours will cook it sufficiently. The loin is also used for veal-chops, either to fry or broil; but slices from the leg are better.

NECK.

The neck is fit only for a stew, soup, or boil. Put it into a little boiling water, and cook it one and a half to two hours, with a half-pound of salt pork if wanted, and some vegetables.

PIE.

Nearly fill a pudding-dish with slices of cold cooked veal, either head or remains of a roast; lay the dressing in the centre; and cover the gravy over all, seasoning with a very little salt and pepper, and a teaspoon of ground sage, savory, or other herb. Cover with a thick pie-crust, leaving an aperture for steam to escape; and bake till the crust is light brown, or about half an hour.

SWEETBREADS.

These may be broiled, fried, or made into a stew.

TONGUES.

These may be bought fresh in the market, and are very good. Put them into a stone jar with a half-cup of table-salt to a quart of cold water; cover it; and in one or two days they are fit to cook. Put them into boiling water enough to cook them, and let them boil one and a half hours. They should be peeled, and are good hot or cold. Hearts need boiling the same length of time.

VENISON.

De Voe says, "Buck venison is best when killed from the first of August to the first of November; but it is quite difficult

to have it fresh in our markets at this early date. After the first of November, the doe venison is preferred; and it continues good until the first of January, after which time these animals should not be killed. Venison first begins to make its appearance in small quantities in our markets in the latter part of September; and is sometimes found as late as the first of March following, having been kept in a frozen state. It cannot be too fat; and, if it have no fat on the back, it is of a very poor quality."

Steaks of venison should be broiled just like beef-steaks, and, if well cooked, are much nicer; or it may be roasted.

EGGS.

There is a great variety of fowl's eggs which may be used as food; but hen's eggs, being more plentiful, are most used. The shell being porous, much of the inner part escapes or dries if long kept; and there is not nearly as much in an old egg as in a fresh one, besides the quality of it being very poor: hence old eggs, such as the market affords through the winter, are nearly worthless, to say nothing of one-half of them being wholly decayed, making them very expensive to the buyer at the usual prices. By boiling, the difference can readily be noticed between a fresh egg and a "store" egg: one of the latter would satisfy most tastes.

BOILED.

Have a saucepan of water boiling on the fire; put the eggs in as quickly as possible, and cover them, boiling them exactly four minutes for most persons. If wanted hard, boil them five minutes; but, the less cooking they receive, the more easily they are digested. For sick persons, they should be boiled only three minutes; and, for any one, only the freshest eggs are good boiled.

FRIED.

Have a frying-pan containing good lard enough to cover the eggs; break one at a time into a cup, and pour it into the fat,

which should be hot. Dip the fat over them, if not covered, and cook two to three minutes. If ham is wanted with them, it should be cooked in another pan, as it spoils the appearance of the eggs if cooked with them.

DROPPED.

Break and drop the eggs into a frying-pan of boiling water, and let them remain three minutes: as they are likely to spread around some, place some muffin-rings in the frying-pan, and drop an egg in each one, having water enough to cover the tops of the rings.

FRIZZLES.

One cup of chopped, cold fresh meat (tongue is good), four beaten eggs, a teaspoon of salt, a little sage or savory, and a large spoon of flour; mix, and spoon this into hot fat, and fry till brown on both sides, a spoonful in a place.

MINCED MEAT.

Many persons have an erroneous idea of, and a prejudice against, minced meat and baked bread-puddings: did they know any thing about cooking, they would know that it is equally easy to prepare any other kind of food in a manner not over-neat, if one is so disposed. Who ever heard of their refusing a piece of good mince-pie? and yet there is quite as much opportunity to make it in a dirty manner as any other article.

Remnants that are left on plates should never be used, unless each of the family chooses to eat what the others leave: never should boarders' remnants be cooked over. It is a better way for each one to have no more than can be eaten. Remnants left on platters may and should be worked up economically, and may be made very palatable. Appearances are nowhere more deceitful than in the food we eat. Not many, probably, would eat macaroni, did they see it prepared; and yet it appears very nice. Persons have been poisoned by lead in flour, caused by the mill-stones being patched or filled, where

worn, with lead (a very wrong way of mending them); yet flour appears very nice. Those who cannot eat minced meat drink lead water without difficulty.

To prepare it, chop fine the remnants of cold boiled corned beef, also an equal quantity of cold boiled potatoes, with the pieces of boiled beets, turnips, carrots, parsnips, and a very little cabbage, if there are not too many of them. Many persons would prefer only the meat and potatoes; while others want onions in it, or cooked to eat with it. If the meat is all, or nearly all, fat, add some hot water, and fry it a half-hour, stirring it nearly all the time, or it will burn. If the meat is lean, before frying it put into the pan some beef-fat, or the fat of fried salt pork, and a very little water with it. It should be stirred almost constantly in either case, and salted if it needs it.

SANDWICHES.

These are in convenient form to take on a journey or to picnics. They may be made of bread sliced thin, or of short biscuits made like pie-crust, and thin slices of cold boiled ham, corned beef, or tongue. Cut the bread in small squares; butter it thin and evenly on one side, putting the buttered sides together, with a slice of meat between: if the meat projects, trim it off, and then keep them in tin to prevent drying.

VEGETABLES.

Some vegetables keep better in sand than in any other way; some of which are carrots, celery, parsnips, radishes, and turnips. Most of them are best cooked and seasoned in a simple manner. All require a great deal of washing; and a good rule is to wash each till the last water is clean, as well as the vegetables. All vegetables lose much of their nutriment and taste if boiled in soft water: so, if rain-water must be used, it should be hardened by the addition of salt before the vegetables are put into it.

ARTICHOKES.

These are used mostly for pickles.

ASPARAGUS.

This wholesome vegetable should be cut often enough to keep it tender. If, when purchased, the lower end is hard, as it often is, break it off. Boil it thirty minutes in as little salted water as possible, and in a tin vessel, having the water boil when the asparagus is put in. Cooked in this way, it retains its green color. If only a little water is left, serve it with the asparagus, which should have been cut in short pieces, and add a little butter. The water, if much, may be thickened when done, as much of the nutriment boils into it.

BEANS.

It is said that beans and peas contain more nutriment than any other vegetable. They should be cooked till soft, otherwise they are hard to digest.

BAKED.

The smallest white beans are generally considered the only sort fit to be baked; but many others are equally good, the red-eyed bean being one. If they are wanted for Sunday's breakfast, it is best to put them soaking in cold water Friday night, especially if old. To one quart of beans put a pint of cold water, after having picked them over and washed them. The next morning, add more cold water, and set the kettle, which should be iron, on the stove; and, if the beans are to be baked in a brick oven, they should boil a half-hour on the stove first, or an hour if they were not soaked; but, if to be baked in a stove-oven, they may be prepared for it as soon as they boil by adding a half-pound of salt pork well cleaned or other meat, a teaspoon or more of salt, and the same of molasses or sugar if wanted; but some prefer them without the latter. Some change the water after boiling them; but this wastes much of the nutriment. If the water evaporates before the beans are done, fill up with boiling water, and keep the beans covered in it till nearly done, when it should be allowed to bake away. The beans are not cooked sufficiently till night; and the greatest fault with those who fail to bake them after

the New-England way is, they do not cook them long enough. Those who have brick-ovens should let the beans remain in them all night; and in the morning they are ready for breakfast.

Cold baked beans may be made very good by frying a few slices of fat salt pork till done sufficiently to eat, and, after taking them out, frying the beans in the fat a few minutes, or till heated through.

SHELLED.

Green shelled beans should be boiled in as little water as possible; and all of it should be dished with the beans, as a large share of the nutriment goes into the water. If done in this way, it does not matter so much whether the water is hot or cold, but it is just as well to have it hot; and it should be salted, either with salt or salt pork, before the beans are put in. Other meat is equally good to boil with beans; but they will have a different taste somewhat. Boil them one and a half to two hours; and to one quart of shelled beans add a half-pound of pork, with only water enough to cover all. When done, put a little butter, and more salt if needed, into the pot, stirring all together evenly, and serve.

STEWED.

These do not differ much from green shelled beans. Use the ripe, red-eyed beans, soaking them in cold water over night, in the proportion of a quart of beans to a pint of water; boil them slowly three to four hours, with a half-pound of salt pork or other meat, and water sufficient to cover them, taking care that they do not burn. Some persons add a small piece of a red pepper. When done, add a little butter, and serve. Beans cooked in this way are excellent in winter.

STRINGED.

The cranberry, the red-eyed, and the wax bean, are used as stringed beans; the pod of the latter being yellow while in a green or unripe state, and is considered the nicest variety to

use in this way. First pick them over, and then wash them clean before cutting them, otherwise the dirt would wash inside of the pods. Cut off each end to throw away, but no more than is useless; then cut each pod into pieces a half-inch in length; and, as hot water makes them hard, put in cold water till it can be seen, and no more, adding a few slices of salt pork; or to two quarts of pods put a half-pound of pork. They should boil an hour and a half, excepting the wax bean; and these will cook in from thirty to sixty minutes. If the pods are not brittle when broken, they are too old to eat; and no amount of boiling will make them good. After the green varieties have boiled a half-hour or more, put with them some pared potatoes; and, when all are done, take out the pork and potatoes, add to the beans a half-cup of sweet cream or as much milk, and a piece of butter the size of an egg. Nothing improves stringed beans more than cream or milk. If more salt is needed, add it; mix all well together, and serve. With the wax beans the potatoes may be put in at the same time; and the pork should be boiled an hour and a half. Prepare these beans for the table like the others.

BEETS.

The young plants, when small, are used as greens; and, after the beets have nearly attained their growth, the tops, or leaves, are good in this way. Care should be used to remove insects, if any, when picking over the leaves: wash them till the last water is clean; and boil them in a cabbage-net thirty minutes if young, or longer if older. They are best boiled with pork or other meat; but, if boiled alone, salt the water, of which there should be as little as possible. If the leaves have large, hard stems, the stems should not be used. Beets should not be cut when cleaned, as this allows the juice to run out. They should be boiled about one and a half hours in summer if fully grown, and nearly three hours in winter. When done, take them into a pan of cold water; slip off the skins as quickly as possible, and send to the table. When left cold, slice them into a little vinegar, and use as pickles.

CABBAGES.

It is said by some, that cabbages are best kept in brine through winter. Some varieties need cooking longer than others, and some persons like it cooked only twenty minutes; while others prefer it when cooked two hours and a half. Some kinds, if not cooked long, are hard; but the Savoy is cooked sufficiently in a half-hour: the hard, green varieties need to boil about two hours. Pick the head apart; wash it clean, and boil it in a cabbage-net made of stout twine netted in a large square, folded once, and sewed, with a string in the top to draw it. This net saves all the cabbage that is good, and is economical in the end, as, without it, the outside leaves are often thrown away. All greens should be boiled in it. The cauliflower should boil a half-hour in a little salted water.

CARROTS.

Carrots should be washed, scraped to get the skin and dirt off, and washed again, leaving them whole, excepting the top, which should be cut off, and boiled two hours with meat; for soups, slice them thin. Nice pies are made from carrots.

CELERY.

Its season is from August to April. A whole head is required to give its flavor to a soup; and the best way to use celery is to break off the brittle stems, wash them clean, and set them on the table in a glass. It is nicer so than in any other way, and may be eaten with salt or vinegar, or without either. The leaves may be tied in a bunch to flavor soups, and eaten as greens if wanted, after being cooked a half-hour.

CORN.

The corn used at the table is the sweet variety, and is best before it is ripe. It may be boiled with meat and other vegetables, or put into hot salted water, and boiled thirty to sixty minutes, according to age; but the younger, the better it is. When cold, cut it off the cob, warm it in cream salted a little, or in milk with a little butter added, and serve; or prepare it in the same way for the table as soon as boiled sufficiently.

CORN AND BEANS.

Cut the corn from the cobs, and boil it with shelled beans, each its proper time, and in equal quantities; when done, put some butter, and salt if needed, in the pot, mix well, and serve. Boil the beans one and a half to two hours, and the corn thirty to sixty minutes. Potatoes may be pared and boiled with them; and salt pork is usually cooked with them. Take out the pork and potatoes before preparing the succotash.

Corn on the cob may be boiled in fresh water, tied together with twine, and hung in the sun to dry; and, when perfectly dry, it should be put away for winter use. When stewing cranberry, red-eyed, or other beans, add an equal quantity of dried corn that has been soaked in cold water twenty-four hours, but only five or ten minutes before the beans are done. The corn should be cut from the cob after it is soaked, and before boiling with the beans and pork. When done, add butter, also salt if needed; but the pepper should not be used.

CORN.

PARCHED.

Sweet corn, when ripe and dry, may be parched, although it will not pop like the small variety called pop-corn. It is very good, however, and considered by some as wholesome for sick persons who can eat only a little food of other sorts.

POPPED.

Pop-corn should be kept dry; and, when wanted for food, put a handful of it in a popper, and shake it over or on a hot stove till all are popped; boil some molasses a few minutes, pour it over the corn, and form into cakes or balls.

HULLED.

Hulled corn is corn with its hulls and skin removed by boiling in a pot of water containing a bag of wood-ashes, which makes lye of the water. Some persons who prepare it for sale use saleratus; while others go so far as to use potash. Any one who has ever used potash in making soap knows its

powerful effects on every thing with which it comes in contact; for if a finger only touches it, and is not immediately washed, the skin is removed at once. Pour water on a lump of potash; soak a piece of wood in it a short time, and the wood becomes soft. It combines with fat, and makes soap of it. Any one can see what a fine thing it is to take into the mouth, destroying the teeth (sooner than any thing else will do it), and stomach (eating away the interior of it almost instantly). If any one supposes corn can be prepared by it, and the lye washed out afterwards, he must be stupid indeed. A few applications of it to the interior of his stomach will convince the most sceptical. Corn hulled by potash can be cheaper done than in any other way; but it combines with the fat of the person eating it, and the result is a loss of flesh. If any one purchasing and eating it will notice the results, he will find a sore mouth, and burning in the stomach, immediate ones; and the loss of teeth and flesh follow, if the use of it is repeated. The sale of it should be prohibited.

COWSLIPS.

Cowslips are ready to be picked soon after the first of April in this latitude, and are better before blossoming fully than after. All parts are good, and it is very little labor to prepare them to eat. Have ready a pot with a little boiling water in it; put in some thin slices of salt pork an hour before dinner, some pared potatoes a half-hour before, and then wash the cowslips till clean; drain, and put them in a cabbage-net; but do not let them boil more than twenty minutes, as it would make them too soft and tasteless. If the pork does not salt them enough, add a little salt: they are very nice if not cooked too long.

CUCUMBERS.

Cucumbers should never be picked in the heat of the day, but early in the morning, when they are brittle and crispy; and they should be kept so by being put immediately in cold water or on ice, and kept there till eaten. If kept long in vinegar, they become flabby and tough, and, in this condition,

are indigestible; but, if properly treated, are as wholesome as any other vegetable. Just before dinner, pare, and rinse them in cold water, laying them whole in a dish with ice; and let each person suit him or her self in the seasoning. It is bad taste to season every one's food alike. Cucumbers, for some persons, are spoiled by contact with pepper and vinegar; salt only being needed. The short thick varieties are best in this way; and the long, slender ones for pickles.

DANDELIONS.

These excellent greens are plentiful about the last of April and in May, when some persons imagine they need a spring medicine: here it is, and it gives one an excellent appetite. They are best before the blossom opens, as then they are brittle and tender, and do not require as much boiling as later in the season. It is some work to prepare them, especially when small; but there is nothing more wholesome among all the articles of diet. Pick off all the grass and other things that cling to them; wash them till the last water is clean; drain, and boil them in a cabbage-net, putting them into boiling water with a piece of salt pork; cook them one hour if young and tender, but half an hour more if not. Pare and boil a few potatoes with them.

DOCK.

Leaves of the narrow dock are sometimes boiled with dandelions, and are good. Burdock is one of the most valuable of medicinal herbs, being used for ear-ache, rheumatism, and other diseases; and should be dried and saved for use each year.

EGG-PLANT.

The large purple variety is considered best for cooking. They should be picked before too ripe, or when hard. They are used in various ways; the most common being to fry them. Pare, and cut them in slices of a half-inch thickness, and fry in hot pork-fat till both sides are light brown: this takes about fifteen minutes. Some like them dipped in egg and bread-

crumbs before being fried. They are quite as good preserved as in any way.

HOPS.

The tops of hop-vines, or the ends of young shoots for about a quarter of a yard in length, are good greens, having a taste somewhat like asparagus. Boil about twenty minutes in a little salted water, butter them in the dish, and serve.

HARSH RADISH.

The leaves, when young and tender, are used for greens, and are good. Boil them an hour or more in a little water, and with a few slices of salt pork and a few pared potatoes. The root, when used, should be grated or ground fine, and a little vinegar added.

LETTUCE.

Separate and wash carefully the leaves, the inside being better than the outside ones; lay them orderly in a dish as they grew, and serve, allowing each one to prepare for himself.

MUSHROOM.

Harris, in his work, "Insects Injurious to Vegetation," says, "The maggots of some flies live in mushrooms, toadstools," &c.; evidently considering the former unfit for food for this and other reasons which he gives. It is sometimes difficult to distinguish between the two; and it is about as unsafe to eat one as the other.

MUSTARD.

The leaves of this plant are used for greens, and are very good as such. Boil them about an hour and a half with pork and potatoes.

NASTURTIUM.

The seeds of this plant are used for pickles, like capers, and by some considered equal to them.

NETTLES.

These are excellent as well as wholesome greens. Cut them off when young and tender with scissors, wash them with a

long spoon, and boil fifteen or twenty minutes in a pot where a few slices of pork have been boiling a half-hour or more; add some pared potatoes if wanted, as many persons who like greens like the potatoes boiled with them.

ONION.

This vegetable needs to be kept in a dry place where it will not freeze. Although there is no vegetable more wholesome than onions, yet they have so strong an odor that they are disagreeable to many persons, and should always, or nearly so, be cooked by themselves. It is slightly impolite to spoil one's dinner by putting an onion into nearly every dish on the table. Onions should never be put into cold nor soft water to cook. Have ready as little boiling water as will cover them when cooking, with a spoon of salt to a quart of water; cover close, and do not let them boil more than twenty minutes; at the end of this time, take them into a dish, or the water will soak and spoil them; add a little butter, salt if needed, and pepper if it is agreeable to all. They may be baked or roasted in a stove-oven, one hour, with the skins on; then remove their skins, and prepare for the table same as boiled onions.

PARSLEY.

This is used to decorate meats and other dishes, and to season soups, gravies, &c.

PARSNIP.

This vegetable needs to be boiled an hour: it is cooked with corned beef, pork, mutton, boiled fowls, or in soups.

PEAS.

Nearly every pea has a young weevil in it, too small to be seen by the eye alone; but, if sown late in the season, they escape this pest. Peas, to be good, should be picked from the vines early in the morning of the day they are used: if kept long, their sweetness is lost, and no amount of sugar will make up the loss. Put them, when shelled, in a kettle with a little boiling water (or till it can be seen), a few slices of salt pork,

and a few pared potatoes; boil them from thirty to sixty minutes, according to their age. Save all the juice, and dish with the peas, as it contains the best part of them; add butter in the proportion of a piece as large as an egg, or more, to a quart of peas, and salt if more is needed. The pork should be boiled an hour or more. Putting the peas into boiling water preserves their green color. Dried and split peas are used for soups.

PEPPERS.

When green, they are used for pickles, and, after they turn red, are kept to season soups and other dishes.

POTATOES.

Many farmers, and especially those whose wives know how long a potato needs to be cooked, prefer the old long red variety to any other, and always raise it for their own use, while they raise white ones to sell. Those who sell this vegetable say it is almost impossible to sell a red potato of any sort; and probably the reason is, that it requires twice as long to cook most of them as it does a white potato: but it should be said of them, what farmers know to be true, that they are generally better, when cooked sufficiently, than white ones. One might suppose, after reading all that is written about not cooking potatoes, that, like bread, it is difficult, if not impossible, to cook them properly, when, in truth, it is a very simple matter to cook either. First they should be washed clean: the water they are boiled in should be hard; and, if not so, a spoon of salt to a quart of water should be used, and have as little water as will cook them with a close cover. Use an iron kettle, and make the water boil before the potatoes are put into it, as hot water hardens the skin, and prevents the nutriment from soaking out. A small crumb of lime hardens the water, and also hardens the skin of the vegetable, so that it will not break, not lose its good qualities. A large piece of lime may be dissolved in cold water, and kept any length of time to assist in cooking potatoes. When new ones are first used in summer, they are not fully ripe; the skin is tender; and they break

before they are cooked enough, unless salt or lime is used. After they are ripe, they do not break before they are done; but the goodness remains in better to have the water hardened as before directed. A white potato requires cooking about half an hour (and by this is meant to boil every one of thirty minutes); and a red one, excepting the Dover, nearly or quite twice as long. When done, pour off the water, if any remains; set the kettle, covered, on the stove, to dry them, from one to five minutes, according to the heat; take them out, and serve. The greatest fault with most cooks is, not cooking them long enough: they are taken up hard, chipped all over with an awkward knife to peel them, and, after they are nearly cold, are carried to the table. It would be far preferable to have them sent to the table with their dark coats on than to have them appear as if the kitten peeled them, as they often do. Old potatoes have not much nutriment left in them, and it is best to preserve what they have: they are better if not boiled as long as in midwinter, and may be a little hard without being indigestible. Pare, and put them into boiling, salted water; and, as soon as they begin to be soft, pour off the water, and dry them a minute or two. When boiled with corned beef, whether new or old, they are improved by cutting off the stem end a little.

Potatoes may be pared and baked, or not pared, but need a great deal of washing if not: allow a half-hour to bake them on the oven-grate, or an hour on the oven-bottom. Some half-boil, and then bake them.

Cold potatoes are very nice when chopped, and boiled a few minutes in a little cream or milk, and salted; stir all the time to prevent burning. They should always be peeled before getting cold.

None are so good fried as the long-red variety, although all are good enough. Fry several slices of fat salt pork till crisp; take them out; halve the cold boiled potatoes, and fry on both sides till light brown. The fat must be hot, and the frying done quickly: a little salt may be needed.

To fry raw ones, wash, pare, and slice them thin; fry sev-

eral slices of fat salt pork till crisp; take them out, and fry the sliced potatoes in the hot fat, which will take nearly or quite a half-hour. Where they touch the frying-pan they will brown, and must be stirred often, or they will burn if the fire is hot. If not wanted crusty, put in a little water, cover them, and they will be soft, and very good.

Freezing does not injure them any, whether raw or cooked, if they are cooked, or cooked again, before being thawed; but it rather improves some kinds. If raw, wash them in cold water, and put them over the fire in cold water; but, if boiled, cut them in halves, and fry in very hot pork-fat.

When potatoes are boiled, and dinner has to wait, it is a good way to mash them, and put in the oven to keep warm. As soon as they are boiled soft, peel, and put them in a clean kettle that will hold twice as many; pound and mash them with a large wooden pestle till all are mashed fine. To a large quart of potato add a teaspoon of salt, a half-cup or more of cream, or, if cream is not to be had, use milk and a small piece of butter. Dish them, smooth the top, and leave in the oven till wanted.

Sweet-potatoes need to boil nearly an hour in salted hot water: they are also good fried in pork-fat when left cold.

PUMPKINS.

These are used same as squashes, and, like them, may be dried, and kept for use in winter; but it requires longer to cook them.

RADISHES.

"The young leaves are sometimes used in salads. The Black Spanish and the winter varieties can be buried in dry sand for the winter's use, and, in fact, can be kept until the new radishes are in the markets."

RHUBARB.

This is used for pies, puddings, preserves, and jelly; but the leaves are not fit for use. A cordial may be made from it which is a cure for diarrhœa.

SORREL.

This is used to remove stains from linen and cotton.

SPINACH.

Spinach is very nice if not boiled too long. Pick it to pieces, that it may be thoroughly washed in cold water till the last water is clean, as it is gritty if not washed enough. Use a very little boiling water, with a spoon of salt to a peck of the greens; or boil some slices of salt pork nearly an hour in the water; then put in the spinach, and let it boil only twenty minutes. Potatoes can be pared and boiled in the same kettle, if wanted.

SQUASH.

This vegetable should be kept in a dry, cool place, but where it is not cold enough to freeze. It is nice with almost any kind of meat. The skin and seeds of summer-squashes are eaten with the rest; but they should be picked when small and tender. Boil them with meat and other vegetables, or in a little salted water, three-fourths to one hour; press out the water; add a little butter and salt, and pepper if wanted. Remove the skin and seeds of winter-squash, and boil from thirty to sixty minutes, according to its thickness. Dried squash is better than green for pies: so, if they will not keep through the winter, there need be no loss of them. After they are cooked soft, spread them on plates to dry; and, when wanted for use, soak them in milk till soft; sift, and use them same as green squash.

TOMATOES.

These can be raised in firkins, if watered when dry; and, when frost comes, they may be carried into a cellar or some other shelter, and kept fresh a long time. Green ones turn red if kept in the house after being picked. There are various ways of using them; one being to remove the skins by pouring boiling water on them to remain just one minute, then peeling, and serving raw for each person to season as agreeable. Another way is, after they are peeled, to stew them about fif-

teen minutes, and serve with butter, salt, and pepper; or, before seasoning, to run them through a sifter, then warm and season. Some persons prefer them cooked several hours; but it is doubtful if they are improved by so long cooking, even if not burned, which would be likely to happen. Sometimes they are baked, being covered with bread-crumbs. They are also used as pickles, preserves, sweet pickles, and figs.

TURNIPS.

Turnips should boil with meat and other vegetables from two to two and a half hours; but if very small, or sliced in soups, will boil sufficiently in an hour and a half. They will not remain good long, unless packed in sand; and, to prevent their growing even then, some farmers pack them tops downward.

BREAD.

Every woman ought to know how to make good bread; and there is no reason why she cannot do it. If we believe all that is written on the subject, we must come to the conclusion that it is indeed one of the "lost arts." But, after one knows how, nothing is plainer or easier. The first thing to do is, if there is any saleratus, that abomination of the household, or cream-of-tartar, its companion in guilt, or any other drug used in bread, in the house, to throw each and all of them out of doors.

Too much cannot be said against using saleratus in food. It is a poison, and nothing less; and yet it is almost impossible to find a recipe for cooking any thing from grain without a *teaspoon of soda*, as it is called. The use of it is a mistaken economy; for it destroys those who eat it. No one would think of eating potash; and yet saleratus is very little better. It destroys the health, and shows its effects in the faces of those who eat food containing it. It makes the person lean, the face yellow or dark and wrinkled: in fact, it does more than any other thing to destroy human beauty, unless dress be excepted. Probably it is the cause of dyspepsia by neutralizing the digestive power.

Begin bread-making by first making some yeast, as this is the most important part. It is of no use to depend on bakers' yeast, as it is usually sour. Some good woman in each village or neighborhood should make the yeast, in a neat manner, for all the families who choose to eat good bread; and, if she finds also a market for good bread, she might earn a living in that way, — as good and useful as any other. Good bread depends mostly on having good and new yeast; and, if it is made by one for all her neighbors, it will be made daily, and cannot help being good: hence our daily bread will be good.

Use a porcelain-lined or a tin kettle, holding a gallon, or nearly that. Wash, pare, and rinse eight large or medium potatoes, and put in the kettle with a small handful of hops tied in a small bag kept for this use, and one to two quarts of cold water; let all boil till the potatoes are very soft, and then sift through a tin sieve. Wet six large spoons of sifted flour, and two of salt, in a little cold water, and put with it, together with a cup of good yeast, or a few cakes of dry yeast dissolved in warm water. Put back in the kettle, and fill it up, having the temperature warm, but not hot. Cover it close; and, in winter, set it in a warm place to rise. The mantel back of the cook-stove is warm enough in winter; and it will rise in a pantry in summer. When it is covered with foam, put it in a gallon jug; and, if the cork is not very tight after the first few hours, its strength is gone, and the bread will be heavy. A new cork is needed occasionally; and the jug must be kept where its contents will not freeze in winter, nor sour in summer. A week is time enough to keep it; and the oftener it is made, the better it is. Some put a large spoon of sugar to a gallon of yeast; but it is preserved better without it in warm weather. A refrigerator is a good place to keep it sweet in summer; and the jug should be shaken thoroughly each time before using the yeast.

Sometimes the yeast runs low before one is aware of it, or there is more work than usual to be done; and, in this case, it is convenient to have dry yeast with which to start the other. Boil a handful of hops in a bag with a quart of water, which is

cold at first; press the bag dry, and mix flour with the juice till it is as thick as griddle-batter; add a cup of yeast, letting it rise till light and spongy; and mix corn-meal with it till thick enough to mould; then mould the dough, cut it in squares of two inches each, and dry them out of doors if the weather will allow. Turn them often till dry, and pack them from the air.

Good flour is generally cheapest, as there is very little nutriment in old, poor flour; and it requires more time to cook it that it may be even eatable. Good flour is of a delicate, creamy color; appears oily; and forms a lump or ball when taken in the hand, pressed, and thrown down again; and also feels much softer than poor flour. It is safest to buy it of one man; and, whenever it proves to be bad, let him take it away: after a few trials, none but good flour would be sent. It should always be sifted before being used.

To make bread, mix one cup of yeast with two cups of warm but not boiling water, and flour sufficient to mould, if the yeast is new; but, if old, use half yeast and half water. It is ruinous to bread to mould it twice, as many persons do: after it is raised ready to bake, they knock it to pieces, and mould it over again; and, by the time it is raised again, it is sour, and unfit for food. Not only is much labor lost, but good food is spoiled; and the stomach suffers in consequence. Five to ten minutes are enough to mould any loaf of bread: it should then be set to rise in a warm but not hot place, and, when raised sufficiently, baked by a good fire. It should be thoroughly cooked through, but not baked too hard. Shortening does not improve bread. The quantity given here will rise sufficiently to fill an iron kettle six and a half inches diameter at the base, nine at the top, and six inches in height; and will require an hour or a half more to bake, according to the fire. Bread is best baked in iron or tin. If mixed at night, in summer, cold water should be used, and the bread should be baked in the morning. In very cold weather, a large quantity may be mixed and raised at once, if kept in a cold place afterwards: it may then be cut off, and baked as

wanted. If one happens to have a disabled hand, so that it is inconvenient to mould bread, it will do very well without it, if all the flour is stirred in that it is possible to get in.

Bread may be made of dry yeast; but it is not as good as when made of liquid yeast. Dissolve a cup of broken cakes in warm water enough to fill the cup, adding another cup of warm water, and flour sufficient to mould it; then mould, raise, and bake it. All bread, after it is cold, should be kept in a tight tin pail or box, and the cover kept on, as this keeps it moist; and there is no excuse for throwing it away, as many people do. In winter, warm the yeast and milk together if milk is used, but do not let them get too hot.

BISCUITS.

Nice biscuits are made of the bread-dough. In summer, mix it at night with cold water or milk; and, in winter, use warm water or milk, and set it in a warm place to rise. In the morning, cut it in small pieces, rolling each as lightly as possible into a round biscuit, with a little flour on the hands, and bake immediately in a hot oven till light brown on the top and bottom; and, to do this, bake them ten to fifteen minutes on the bottom of the stove-oven, and the same length of time on the grate.

Cream-biscuits may be made of one cup of yeast, half a cup of cream, half a cup of water, a large spoon of sugar, and flour enough to mould them; then raise and bake them. Or mix sweet cream and new yeast in equal quantities, with flour to mould, and raise and bake them.

Egg-biscuits are made by mixing a beaten egg and a piece of butter the size of an egg with a little flour, and adding a cup of yeast, a cup of water, and flour sufficient to mould: raise them, and, when light, form into biscuits, and bake.

Cold biscuits may be made very good by wetting in cold water, and warming them in a hot oven. Some persons like them steamed.

BROWN-BREAD.

This, when baked in a brick oven, is much better than if

baked in a stove, as the crust does not bake too hard before the inside is done. It is well to cover the kettle or pan, which should be a deep iron one, while baking. Some persons steam brown-bread to cook it, instead of baking it; but it requires a longer time, and is not as good. If baked on Saturday, and steamed Sunday for breakfast, it is very nice. All brown-bread should be made with yeast. In summer, it should be mixed with cold water, and left in a place not too warm, five or six hours, to rise. In winter, warm water or milk should be used; and it should be set in a warm place to rise all night, and till the oven is ready to receive it. When it is not convenient to bake bread as soon as it is raised sufficiently, set it in a cold place till ready.

NUMBER ONE.

One cup of yeast, two cups of water, two cups of corn-meal, and three of rye-meal. Mix thoroughly; set to rise; and bake an hour, or an hour and a half.

NUMBER TWO.

One cup of yeast, two of water, half a cup of molasses, three cups each of corn and rye meal, and bake an hour and a half.

NUMBER THREE.

One cup of yeast, two cups of milk, half a cup of molasses, three cups of corn-meal, and four cups of rye-meal. Bake an hour and a half.

NUMBER FOUR.

Two cups of yeast, four of water, one quart of corn-meal, and three pints of rye-meal. Bake two hours.

NUMBER FIVE.

Two cups of yeast, five of water, one cup of molasses, three pints of corn-meal, and two quarts of rye-meal. Bake two hours and a half.

NUMBER SIX.

One pint of yeast, three pints of water, three pints of corn-meal, and three quarts of rye-meal. Bake three hours.

NUMBER SEVEN.

One cup of yeast, two of water, a half-cup of sugar, two cups of corn-meal, three of rye-meal, and one cup of flour. Bake an hour and a half.

CORN-BREAD.

Corn-bread should be mixed, and left to rise, in a deep dish or tin pail, and baked in a shallow iron pan, or in muffin-rings. For directions about water, and time of rising, see "Brown-Bread." Numbers one, two, and three need no raising, and are useful recipes in an emergency. Bake each till the crust is brown, but not burned.

NUMBER ONE.

This is the primitive Johnny-cake of our ancestors, and was baked on the centre-piece of a flour barrel-head, before the open fire, with a flat-iron to support it. A quart of corn-meal, a teaspoon of salt, and boiling water sufficient to wet all the meal. Wet the hands, and press the dough smooth over the top in the pan, and bake.

NUMBER TWO.

Scald a small quart of milk, and pour it on to a pint and a fourth of corn-meal. Beat two eggs, and put with it; also a saltspoon of salt. Mix thoroughly, and bake forty to sixty minutes.

NUMBER THREE.

Beat two eggs, and mix with a saltspoon of salt, a large spoon of sugar, a small pint of milk, a small pint and a half of meal, and a half-pint of flour. Bake one hour in a small deep pan, or thirty to forty minutes in a large shallow one, as less or more crust is wanted.

NUMBER FOUR.

One cup of yeast, one of water, a large spoon of molasses, two cups and a half of corn-meal, and one cup of flour. Raise and bake.

NUMBER FIVE.

One cup of yeast, the same of water, a half-cup of molasses, two cups of corn-meal, and a cup and a half of flour. Raise, and bake about forty minutes.

NUMBER SIX.

A half-cup of yeast, one cup of water, two large spoons of sugar, a cup and a half of corn-meal, and the same of flour. Raise, and bake about thirty minutes.

NUMBER SEVEN.

One cup of yeast, the same of milk, a half-cup of sugar, two cups of corn-meal, and a cup and a half of flour.

NUMBER EIGHT.

One egg, one cup of yeast, a cup of milk, and three cups of corn-meal. Mix well, raise, and bake.

NUMBER NINE.

Beat one egg, and mix with a large spoon of sugar, one cup of yeast, one of water, two cups of corn-meal, and a cup and a half of flour. Raise, and bake in a pan or on a griddle.

NUMBER TEN.

Beat an egg, and mix with a large spoon of sugar, a cup of yeast, the same of milk, two cups of corn-meal, and a cup of flour.

GRAHAM BREAD.

The rules for raising and baking brown-bread will apply to this; but, in addition, it should be moulded slightly.

NUMBER ONE.

One cup of yeast, two cups of water, a half-cup of molasses, and seven cups of Graham flour. This makes a bread coarse, but good. Raise, and bake one hour.

NUMBER TWO.

One cup of yeast, two cups of water, one cup of molasses, four cups of Graham flour, and five cups of fine flour. Raise, and bake an hour.

NUMBER THREE.

A cup and a half of yeast, the same of water, a half-cup of molasses, two cups of rye-meal, and flour enough to mould it. Raise, and bake an hour or more.

NUMBER FOUR.

A cup and a half of yeast, the same of water, a half-cup of sugar, two cups of Graham flour, and fine flour sufficient to mould it. Raise, and bake one hour.

ROLLS.

Make like biscuits; roll as large as a saucer; fold together once, and bake quickly.

CAKE.

Cake cannot be made good without considerable labor, or power of some kind; and, where it is made in large quantities to sell, it would pay to employ mechanical power. It must be raised, or made light, to be wholesome, either with eggs beaten fine, or with yeast. There are many kinds of cheap cake made by the aid of saleratus; but no one should insult his or her stomach by eating them. Sour milk or cream are not fit to be used in making cake. For all kinds of cake, swab the iron baking-pan with fat; turn it upside down; cut a clean piece of brown paper to fit the bottom of it, and put it into the pan; then swab the paper, and the pan is ready to receive the cake-dough. When baked, and nearly cold, turn it over, take off the pan, turn the paper over, and put it back in the pan;

then put the cake back, keeping it there till used, or keep it in a covered tin box.

In making all kinds of cake, a round, deep wooden bowl is most convenient; but, to be durable, it should have clean brine soaking in it some time before being used. First beat the butter and sugar together with an iron spoon when they are used; then beat the eggs separately if any are used, and then all three together; next add the spice and the flour, which should always be sifted to remove lumps; and, after all these are thoroughly beaten together, add a little flour to the fruit, if there is any, to equal the additional moisture the fruit affords; stir a little, and bake. A variety may be produced by using different kinds of spice, or flavor; but, if much liquid is added, a little flour must also be added. Rose-water is nice as a flavor in cake and many other things. Too much spice is a common fault in cooking, as a little is much better than much.

FROSTING.

Break a small aperture in one end of an egg, by which the white part will run out; and to this add a cup of white sugar and a large spoon of corn-starch; stir all together, and, five minutes after the cake has been taken from the oven, lay on the frosting: this is sufficient for a small loaf of cake.

Or mix the white of an egg with half a cup of sugar and half a cup of corn-starch.

COCOANUT-CAKES.

When purchasing cocoanuts, shake them; and, if no milk can be heard, most likely the nut is sour and worthless. The bark should be cut from the fruit, after opening, with a shoe-knife. For the cakes, use a cup, pressed down, of grated cocoanut, two large spoons of sugar, and the white of two eggs, or just enough to mix it. Make this into small cakes, or drops, and bake on a buttered paper twenty to thirty minutes, according to the heat of the oven.

FRUIT-CAKE.

Beat a half-cup of butter with a cup of sugar, and, when soft

and well mixed, add three cups of bread-dough made as directed in raised cake, not moulded, but light; and mix all together thoroughly with a little grated nutmeg and a half-teaspoon of ground cloves; chop and flour two cups of raisins; mix, and let it rise till light, which will take a few hours in summer, and all night in winter. Raised cake should be left in a very deep tin to rise, and be baked in a shallow pan, disturbing it as little as possible when poured out.

NUMBER TWO.

Two beaten eggs, one cup of sugar, a teaspoon of salt, half a teaspoon each of allspice and cinnamon, two-thirds of a cup of sweet cream, one-third of a cup of yeast, three cups of flour, and two cups of washed and chopped figs. Raise and bake.

NUMBER THREE.

Beat three eggs separately, and with a cup of sugar; then warm a cup of sweet cream with a cup of yeast, and mix all together, adding a teaspoon of salt, a pinch each of ground cloves, allspice, and cinnamon, the grated rind of half a lemon, six cups of flour, and two cups of raisins, with a large spoon of flour on them. Raise, and bake like number one. This is enough for two loaves.

NUMBER FOUR.

A small loaf may be made as follows: Beat one-fourth of a pound (or about a half-cup) of butter and a half-pound (or one cup) of sugar to a cream; beat three small eggs separately, then all together; add a cup and a half of sifted flour, a half-teaspoon of ground cloves, half a nutmeg, half a pound of seeded raisins, the same of dried currants (washed till the last water is clean, and dried), and a fourth of a pound of sliced citron. Mix the fruit, put it in the cake, and stir till even; then bake it three-fourths of an hour in a shallow pan.

NUMBER FIVE.

One pound (or two cups) of butter, one pound (or two cups) of sugar, one pound of eggs (which is usually eight large, or ten

small ones), one pound of flour (which is a small, or milk, quart just sifted), one nutmeg, a spoon of ground cloves, the grated rind of one lemon, two pounds of seedless or seeded raisins chopped, two pounds of cleaned dried currants, and a pound of sliced citron; mix the fruit with a cup of flour, and add to the cake. This makes two large loaves, which may be frosted, after baking from an hour and a half to two hours.

NUMBER SIX.

One cup of butter, one of sugar, four large or five small eggs, two cups of flour, the grated rind of one lemon, half a teaspoon of ground cloves, and half a nutmeg. Wash and chop one cup of figs, one of dates, with the stones removed after being washed; wash and dry two cups of dried currants; slice a cup of citron, mixing three spoons of flour with the fruit. Mix all together, and bake in a shallow pan about an hour.

NUMBER SEVEN.

Four beaten eggs, a cup of sugar, a half-cup of sweet cream, two cups and a half of flour, and a fourth of a pound of sliced citron. Spice may be added if wanted. Bake from three-fourths of an hour to an hour.

NUMBER EIGHT.

One cup of butter, two of sugar, four large or five small eggs, three cups of flour, the grated rind of one lemon, a half-teaspoon each of ground cloves, allspice, and cinnamon, half a nutmeg, one pound of stoned and chopped raisins, a pound of dried currants, and a half-pound of sliced citron.

NUMBER NINE.

Three beaten eggs, a cup of sugar, a cup of sweet cream, three cups of flour, half a teaspoon of salt, a saltspoon each of cloves and allspice, a little grated nutmeg, three cups of chopped raisins, and a cup of sliced citron.

NUMBER TEN.

One cup of butter, two of sugar, four large eggs (well beaten),

one-third of a cup of molasses, the grated rind of a lemon, half a nutmeg, half a teaspoon each of allspice, cloves, and cinnamon, four cups and a half of flour, a pound of raisins, the same of dried currants, and a half-pound of citron.

PLAIN CAKE.

Four beaten eggs, a cup of sugar, a half-cup of cream, a teaspoon of grated lemon-rind, a half-teaspoon of salt, and two cups and a half of flour.

NUMBER TWO.

A half-cup of butter, a cup of sugar, three eggs, two cups of flour, and spice if wanted.

NUMBER THREE.

Three-fourths of a cup of butter, a cup and a fourth of sugar, four eggs, three cups of flour, and spice or flavoring if wanted.

NUMBER FOUR.

Half a cup of butter, one cup of sugar, six beaten eggs, the grated rind of one lemon, half a teaspoon each of cloves, allspice, and cinnamon, and two cups and a half of flour.

NUMBER FIVE.

Three eggs, one cup of sugar, and a saltspoon of salt; warm one cup of sweet cream with a cup of yeast till milkwarm; add the other things, and six cups of flour. Add spice if wanted; raise till light, and bake.

PORK-CAKE.

Beat three eggs separately, and with a cup and a fourth of sugar; then wash and chop fine a cup of fat salt pork, and mix all with a third of a cup of molasses, a half-teaspoon each of allspice or cloves, and cinnamon, or other spice, two cups of flour, and two of chopped raisins. Bake one hour in a shallow pan.

POUND-CAKE.

One pound each of butter, sugar, eggs, and flour, makes a

very nice plain cake, sufficient for one large or two small loaves.

One-half the quantity may be made; and it may be measured in cups, to save the labor of weighing each time, as follows: one cup of butter, one of granulated sugar, four large or five small eggs, and two cups of sifted flour. It is good enough without spice; but a teaspoon of grated lemon-rind makes a change, as does also a half-pound of sliced citron, or a few ripe peaches sliced into it. A pound of stoned dates makes it good, if persons like very sweet cake.

RAISED CAKE.

Dough with which to make raised cake may be made of two cups of yeast, four of water, and three and a half small quarts of flour: let it rise till spongy in a warm place. For cake, mix a half-cup of butter with one cup of sugar, three cups of raised dough made as above directed, and beat till all are well mixed, allowing it to rise afterwards the same as bread. This is a good, wholesome cake for children; and spice may be added if wanted.

SPONGE-CAKE.

This must be beaten a great deal to make it light. Three small eggs, a cup of sugar, one cup of flour, a saltspoon of salt, and bake it about a half-hour.

NUMBER TWO.

Four large or five small eggs, one cup of sugar, two cups of flour, and the grated rind of one lemon.

WEDDING-CAKE.

This is made from the recipes for fruit cake, numbers four, five, eight, and ten.

COOKIES.

One cup of molasses, one cup of lard or butter, a saltspoon each of ginger and salt, and flour sufficient to roll out very soft. Cut very small, and bake quickly.

NUMBER TWO.

One cup of lard or butter, a cup and a half of sugar, one cup of cold water, half a teaspoon of salt, a little grated nutmeg, and flour sufficient to roll out soft.

CROQUETTES.

These are eaten warm with meat; and this is a convenient way of using cold boiled rice. Stir an egg into a half-pint of cold boiled rice; add flour enough to hold all together, which will be about three large spoons, and make it into small round cakes about two inches diameter; flatten them, using flour to prevent their sticking to the hands; and fry them in a little hot lard or pork-fat till browned on both sides by being turned once.

NUMBER TWO.

One cup of cold oatmeal-pudding (number one), mixed with one egg (not beaten), and flour sufficient to make them stiff. Fry the same as the others.

CRULLERS.

To make them light, it is necessary to beat the eggs first, and then the dough, a great deal, and, in frying, to keep the fat very hot, and at an equal temperature, by dropping in one as often as another is taken out. Beat four eggs; add a half-pound or one cup of sugar, a piece of butter the size of an egg, a half-cup of milk or cream, a saltspoon of cinnamon, and flour enough to mould and roll out. Roll; cut in squares or any other shape, cutting slits in some of them, as they fry quicker so; and boil in lard like doughnuts. They are best when new, but will keep a long time covered in tin.

One plateful may be made in the following way: one egg, one large spoon of sugar, one even spoon of melted lard or butter, and flour sufficient to roll out.

DOUGHNUTS.

Mix one large spoon of cold lard into three pints of sifted flour, and add a cup of yeast, one cup of water, and one cup of

sugar; mould this, and put it into a tin pail, in a warm place if the weather is cold, letting it rise all night. If the dough is rolled out, it must be done very lightly; but it is just as well to cut off small pieces, and fry in hot fat, without removing it from the pail, as the doughnuts will be lighter done in this way.

NUMBER TWO.

Mix one spoon of cold lard or butter into three pints of flour, adding a cup of yeast, one of sweet milk, a cup and a half of sugar, half a nutmeg, and flour sufficient to mould. Let it rise; and fry in hot fat.

GINGERBREAD.

Mix a piece of butter the size of an egg with three and a half or four cups of flour; add a cup of yeast, a cup of molasses, and a teaspoon or less of ginger. Raise till light, and bake.

NUMBER TWO.

Mix one spoon of lard with seven cups of flour; add one cup of yeast, one of water, one of maple-sap, and a teaspoon of ginger. Raise, and bake about an hour.

NUMBER THREE.

Mix one large spoon of lard or butter with three cups and a half of flour; add a cup of yeast, one of sugar, a little ginger or other spice. Raise and bake.

GRIDDLE-CAKES.

These cakes, to be wholesome, should be made light, and fried quickly over a good fire; being eaten for breakfast instead of supper.

BREAD-CRUMB.

One cup of light bread-crumbs which have soaked in a cup of milk a few hours, one beaten egg, and a cup and a half of flour. Beat thoroughly, and bake on a griddle. Sugar and butter are served with them.

BUCKWHEAT.

Buckwheat is the cheapest and most nutritious grain that is used, unless the oat is its equal. It swells when mixed, and takes in twice the amount of water that flour does. It makes a more substantial breakfast in winter than any other one article used. Corn-meal and rye-meal are sometimes mixed with it; but neither is any improvement on the real article. At the coldest season of the year, which usually comes just after the shortest days, a large quantity may be mixed at one time in a butter-firkin or stone pot, and, if made with new, warm yeast, will rise very quickly; then set it in a cold pantry, and it is ready for use at any time. It does not need saleratus any more than it does any other poison; but, if the last becomes sour, it is best to throw it away.

For a small quantity, mix in a deep pitcher one cup of yeast, three cups of warm water, one large spoon of molasses, and three cups and a half of buckwheat-flour. Let it rise over night, or longer if the weather is very cold, or the yeast is old.

Or, in general, use one large spoon of molasses to each quart of liquid to give the cakes a good color, and seven-eighths as much flour as liquid, or a little more flour if needed. Set it in a deep dish in a moderately warm place, and let the batter rise till light and foamy. Bake quickly, on a hot griddle or frying-pan that has been swabbed with fat, till the cakes are light brown on both sides by being turned over once. Then butter and sugar each, and keep in a pile for those who like them so; or send to table as fast as cooked. If dried and cooled, they are not very inviting. Maple-sap is good on them. Made in this way, they are much better, as well as more wholesome, than made with the aid of saleratus. In winter, they need to rise nearly twenty-four hours in a place moderately warm.

CORN-MEAL.

Nearly all the recipes for corn-bread, especially those from number four to number ten inclusive, are equally good for making griddle-cakes. If found to be too thick, add a very little cold water.

FLOUR.

One cup of yeast, a cup and a half of milk, and three cups of flour. Let it rise till light, and bake on a griddle. Or boiled green corn may be cut from the ear, and mixed in it before baking; or berries or fruit, if preferred.

HUCKLEBERRY.

One beaten egg, one spoon of flour, a saltspoon of salt, one spoon of milk, and two spoons of huckleberries. Fry in a very little fat, and serve with sugar.

NUMBER TWO.

Half a cup of yeast, the same of milk, a cup and a half of flour, and two cups of berries. Let them rise till light, and bake them on a griddle.

RICE.

One beaten egg, a cup and a half of boiled rice, a half-cup of yeast, the same of water, and two cups of flour. Let it rise all night, or till sufficiently light. Bake, and serve with butter, sugar, and grated nutmeg.

RYE.

One egg (well beaten), half a cup of yeast, three-fourths of a cup of water, one spoon of molasses, and one cup of rye-meal. Raise till light, and bake.

TAPIOCA.

One cup of cold boiled tapioca, one of yeast, one of water, and two of flour. Mix well, allowing a few hours for it to rise, and bake on a griddle.

MUFFINS.

Mix a cup of yeast and two cups of water with six cups of flour. Let it rise all night, and bake in muffin-rings, which should be swabbed with fat each time they are used.

NUMBER TWO.

Beat one egg, and mix with a half-cup of yeast, the same

of milk, and three cups of flour. Let it rise all night, and bake either in rings in the oven-pan or on a griddle.

OMELETS.

Three beaten eggs, three large spoons of milk, three large spoons of flour, and a saltspoon of salt. Beat till light, and fry in a little hot fat by dropping in a spoonful at a time. Serve as fast as cooked. They are good with or without sugar.

NUMBER TWO.

Four beaten eggs, three large spoons of milk, a saltspoon of salt, and five large spoons of flour. Beat thoroughly, and fry in a little hot fat.

PANCAKES.

One beaten egg, half a cup of yeast, a cup of sweet milk, half a cup of molasses, two cups of corn-meal, and two cups of rye-meal or buckwheat-flour. Let this rise all night, and fry like doughnuts.

POVERTY-CAKES.

A quart of corn-meal, a teaspoon of salt, and boiling water enough to mix it. Make it into round, flat cakes, and fry in hot fat, like doughnuts.

TOAST.

Our grandmothers used to make excellent toast by setting half a large loaf of brown-bread before the open fire on the tongs laid down to receive it; and, when it was nicely toasted, it was peeled, or cut off thin, and buttered; and, as if this were not good enough, it was sometimes made into a milk toast.

It may be toasted somewhat in the same way by laying a half-loaf on a grate over the coals, and cutting it off thin.

NUMBER TWO.

Put a quart of brown-bread crusts into a frying-pan; add a spoon of molasses, a teaspoon of salt, and nearly cover them with water. When boiled a few minutes, or till nearly soft, add one cup of milk or cream; boil two minutes longer, stirring

to prevent burning; dish, and lay on some small pieces of butter, unless cream was used.

NUMBER THREE.

Dry toast is made by toasting both sides of a thin slice of white-bread, and buttering it as soon as it leaves the fire. It should be eaten immediately.

NUMBER FOUR.

For dry crusts of white-bread toasted, take a pint and a half of boiling water; add one-fourth of a cup of butter, and a little salt if needed. Put the dry toast in this; let it remain a few minutes, and serve.

NUMBER FIVE.

This is made like number four, with the addition of a large spoon of flour wet and boiled in, and a little more butter.

NUMBER SIX.

Put into a frying-pan a piece of butter the size of an egg; and, when it has oiled the pan a little to prevent the toast adhering to it, add three cups of milk, one cup of hot water, and a saltspoon of salt. It should be stirred to prevent burning; and, as soon as it boils, stir in two large spoons of flour wet in a half-cup of milk, and let it boil two minutes, stirring continually. Lay in some slices of toasted white or corn bread, and in a few minutes serve.

NUMBER SEVEN.

A piece of butter the size of a walnut, one cup of milk, the same of cream, a half-teaspoon of salt, a large spoon of flour wet in cold milk; and, when the milk and cream boil, add the wet flour, stirring and boiling one or two minutes. Put in slices of toasted white or corn bread, and serve.

NUMBER EIGHT.

This may be made wholly of cream; and, when it boils, add

salt and flour in the proportion of a teaspoon of salt and two large spoons of flour to a large quart of cream.

PIES.

Some persons use lard, and others suet-fat or butter, to make pastry. The best lard is hard and white, with no water in it: that which is soft and dark is made of fat not fit to be used. Flaky pastry, which some people consider a necessary part of a pie, is not made in accordance with rules usually given; such as rubbing the lard and flour together, or rolling out several times, and laying in butter or lard and flour each time: the more crust is rolled, the harder it becomes. Flaky pastry is made by having the lard or butter unevenly mixed in, and as lightly as possible.

Put equal quantities of lard and cold water in a pan or wooden bowl; or, if the lard has water mixed with it, use more lard, or less water. Mix in sufficient flour to roll out for pies; but make the pastry as soft as it can be worked, and do not mould it at all. Save the clippings of each pie for the under-crust of the next, as this needs to be harder than the upper-crust, to prevent melting or breaking. The fat which rises on the water that beef is boiled in is better than lard, and about as good as butter, for pastry.

Save all such fat; melt, and strain it through a small tin sieve; and, when it is cold, it is fit for use. If cabbage was boiled with the meat, cut a raw potato in slices when melting the fat; fry them in it; and it is cleansed from the taste of cabbage. Deep plates should be used to prevent the waste of sugar by boiling over. Pies should be baked as soon as made, and on the bottom of a very hot oven, till the crust is light brown all over; then take them out, and cover with a clean dish-towel to steam the crust, and make it soft as well as flaky.

Some persons makes things which they call pies, and dry them in an oven with both its doors open, so that, when the poor things make their appearance at table, they look as if they were in the last stage of consumption. Pies made correctly are wholesome enough.

APPLE-PIE.

Porter apples are best of any for cooking, being so juicy that they need no water with them; but, as they are fall apples, they do not last long unless preserved. Those who raise them, and cannot sell what they do not want for their own use, can stew and bottle them, and they will keep as long as wanted, being very convenient to use for pies.

Line a plate with crust; lay in one layer of pared, quartered, and cored apples; sprinkle on a saltspoon of salt, one or two large spoons of sugar according to the acidity of the apples or the size of the pie, one or two large spoons of water if other than Porters are used, and a little grated nutmeg, or the grated rind of a half-lemon mixed in the water. Some prefer cinnamon or other spice in them. Cover and bake. The same made in a deep dish without the sugar, and sweetened when eaten hot, is excellent; or a pudding-sauce may be made for it.

DRIED-APPLE-PIE.

If the dried apple is to be used without sifting, cut out all the cores or hulls, if any; wash it till the last water is clean, and soak it all night in an equal measure of cold water; half fill a preserve-kettle with it and the water it soaked in, adding more water if needed; cover closely; but do not stir it, lest it burn. Cook it one hour over a moderate fire. Spread a thin layer of it in a plate with crust, and make same as green apple-pie is made. It makes a better pie for some tastes if the apple is sifted, and butter added. Cover and bake; or, if sifted, bake without a cover.

BLACKBERRY-PIE.

Line a deep plate with crust; fill it with berries; add a saltspoon of salt, and a handful of sugar. Cover and bake.

CARROT-PIE.

Carrot-pies are as nice as squash-pies if made of the same ingredients otherwise. Wash, scrape, and rinse two carrots of average size; slice thin; and boil in as little water as possi-

ble from two hours and a half to three hours, or till soft; sift them through a tin sieve; and there should be about two cupfuls. Add to this three beaten eggs, one cup of sugar, a teaspoon of salt, butter the size of an egg, one or two large spoons of rose-water, and six cups of milk. Line a deep plate with crust; fill with the mixture; and bake till the crust is light brown. No cover is used.

NUMBER TWO.

Beat three eggs with four large spoons of sugar, and six spoons of stewed and sifted carrot; add a large quart of milk, a teaspoon of salt, and rose-water, grated lemon-rind, or spice. No cover is needed.

CHERRY-PIE.

A cup and a half of stoned cherries, one cup of sugar, one large spoon of fine bread-crumbs, a little grated nutmeg or not, and a saltspoon of salt. Bake with a cover.

COCOANUT-PIE.

Three beaten eggs, three-fourths of a cup of sugar, a cup and a half of grated cocoanut, a saltspoon of salt, and a cup of milk. Bake without a cover.

CRANBERRY-PIE.

Pick and wash one cup of cranberries; lay them without cooking on the under-crust with a half-cup of sugar and a saltspoon of salt. Cover and bake. They are almost as good as strawberry-pies.

CREAM-PIE.

One beaten egg, two large spoons of sugar, a saltspoon of salt, one cup of cream, one spoon of rose-water, and two spoons of fine bread-crumbs. Bake without a cover.

NUMBER TWO.

Two beaten eggs, two spoons of sugar, a saltspoon of salt, one cup of cream, the grated rind of one lemon, and two spoons of sifted flour.

CURRANT-PIE.

Very nice pies are made of currants. Mix together a cup and a half of picked and washed currants, and three-fourths or one cup of sugar, and a saltspoon of salt. Bake with or without a cover.

CUSTARD-PIE.

Custard-pies need a rather hot oven, but never should be baked on the grate, as, if they are, the crust will be dough: they should not boil, as this causes whey in them, and makes the remainder too hard to be easily digested. When the handle of a silver spoon can be inserted in the custard, and drawn out without the custard adhering to it, the pie is done if the crust is light brown. Some persons like custard-pies when not too rich. They may be made by using only one or two eggs to a pie, sufficient milk to fill it, a half-cup of sugar, a saltspoon of salt, and a little grated nutmeg.

NUMBER TWO.

Five beaten eggs to a small, or six to a large quart of milk, a saltspoon or teaspoon of salt, a half-cup or more of sugar, and a spoon of rose-water, or grated lemon-rind or nutmeg.

GOOSEBERRY-PIE.

Large ripe gooseberries are best to eat raw without sugar, but may be made into pies, using one-half their quantity of sugar and a saltspoon of salt to one pie. Some use them green; but more sugar is needed. They may be sifted after they are stewed, sugar and salt added, and baked without a cover.

HUCKLEBERRY-PIE.

Mix four cups of berries in a pan with one cup of sugar, and fill the plates, which should be very deep; add a saltspoon of salt to each pie; cover, and bake quickly, as the juice will not be so likely to stew out as when long baked. The oven should be very hot, and the crust, like all others, baked till light brown.

LEMON-PIE.

Line a shallow plate with crust, and roll and cut some thick strips an inch in width, and lay around the edge of the pie-crust after having wet it all around; or this strip may be cut whole by laying the plate inverted on the rolled crust, cutting around it, removing the plate, laying a saucer in the same way, and cutting around that. Take an iron spoon the handle of which has a hole to hang it up by, and press this end of the spoon all around the edge of the crust. This keeps it in place, and is ornamental when baked. Wash and wipe one lemon; grate off the yellow rind; cut it in two or three pieces; press out the juice, and wash out what remains with two large spoons of cold water; press the pieces again, and throw away. Take the juice, grated rind, and the two spoons of water last used; add one beaten egg, one cup of sugar, two large spoons of very fine bread-crumbs or flour, and a saltspoon of salt. Fill the crust, and bake without a cover. Two-thirds of a cup of sugar will do if less sweetness is preferred.

Make some blanc-mange, and, when the pie is cool, pour it on till full; and, when cold, it is ready for the table. Or the blanc-mange may be colored with currant-juice.

NUMBER TWO.

One beaten egg, one cup of sugar, the juice and rind of one lemon, a saltspoon of salt, one large potato pared and grated, and about one cup of cold water. Mix well, and bake without a cover.

NUMBER THREE.

One beaten egg, the juice and grated rind of one lemon, one cup of sugar, a saltspoon of salt, a cup of cold water, and one cup of fine bread-crumbs. The egg may be omitted if preferred. Bake without a cover.

NUMBER FOUR.

One beaten egg, the grated rind and juice of one lemon, one cup of sugar, one cup of sweet cream, two large spoons of

sifted flour, and a saltspoon of salt. Bake without a cover; and, when nearly cold, pour on blanc-mange or not, as wanted. The same recipes may be used for small tarts.

MAIZENA-PIE.

Boil a pint of milk, and stir into it two large spoons of maizena that have been wet in three spoons of cold water. Take it off the fire; add one beaten egg, two large spoons of sugar, a saltspoon of salt, and spice or flavor: lemon or rose-water is nice. Line a deep plate with crust; fill it with this mixture; and bake till the crust is done.

MINCE-PIE.

Mince-pies may be made of almost any kind of meat, or of several kinds together, and of several kinds of fruit or vegetables. In spring, when sour apples are out of season, rhubarb is an excellent substitute for them. Peel and chop fine the stalks, and use same as apple. Beets soaked a short time in vinegar are used; also cranberries, dried apple, or bread. Suet, fat meat, or butter, are mixed with the lean meat. It is best to lay the dried fruit on each pie when made, as sometimes the meat spoils if kept too long, and less will be wasted. A variety may be produced by using different spices, or different combinations of them, at times: most persons become tired of one way of cooking every thing. Lemon is the best acid for mince-pies; and the rind grated gives them an agreeable flavor. It may always be had by preserving it with sugar. Vinegar is sometimes used.

For a small family it will be found economical to save every piece of cold cooked meat not wanted on the table, whether fat or lean, even remnants of salt pork, and put each in a bowl of vinegar till enough are saved for a few pies. There is no need of wasting any thing clean; and, if remnants left on plates must be used, wash them first in warm water. In the coldest weather, prepared pie-meat will keep a long time, especially if cooked first, or heated through in a hot oven.

For a large quantity of pies, the roots of beef-tongue are

used; also the heart and the shank. If the tongue is fresh, soak it all night in cold water; wash clean; cut off the tongue to boil for the table; or, if not wanted at present, cover it with brine by itself till wanted; but it should not be kept long. Have ready a kettle of boiling water, with a large spoon or more of salt in it, and boil the roots four hours. Let the meat boil slowly; skim off all the scum that rises, and let the water boil away at last if it will. This water contains much of the nutriment of the meat, and should be used in the pies; or, if there is too much, save it for soup. If the meat is done soft, take it out, and chop it fine as possible in a wooden tray. If fat rises on the water when cold, it is as good as butter to use in the pies.

NUMBER ONE.

Three cups of boiled and chopped lean meat, one cup of chopped suet, six cups of chopped apples or of stewed and chopped dried apple, two cups of molasses, a half-cup of vinegar, or two lemons, two teaspoons of ground cloves or other spice, half a nutmeg, and two teaspoons of salt. Fill the pies; add a layer of raisins and sliced citron; cover and bake.

NUMBER TWO.

Two cups of chopped lean meat, one cup of chopped suet or butter, four cups of apple, a cup of sugar, a half-cup of molasses, the juice and grated rind of one lemon, or two large spoons of vinegar, a teaspoon of ground cloves, one of salt, or more, and other spice if wanted. Fill; add the fruit; cover and bake.

NUMBER THREE.

Three pints of meat, three of apple, two lemons, or a half-cup of vinegar, a pint of molasses, the same of sugar, four teaspoons of salt, five teaspoons of ground cloves, or the same of a mixture of spices; add the dried fruit; cover and bake.

NUMBER FOUR.

Five cups of chopped lean meat, one cup of chopped suet, butter, or cooked pork, five cups of apple, dried apple, or rhu-

barb, one cup of molasses, two cups of sugar, a half-cup of vin egar, or two lemons, one large spoon of salt, a large spoon of mixed ground spices, and half a nutmeg. Equal parts of meat, apple, and bread, make good mince-pies.

ORANGE-PIE.

Remove the rinds from the oranges, and separate them into small pieces. Line a deep plate with crust, and lay in two divided oranges, with one large spoon of sugar, the same of water, and a saltspoon of salt. Cover and bake. This makes a very good pie; but it is not quite as good as the raw fruit.

PEACH-PIE.

Pare and halve the peaches; fill the pie; and add one spoon or more of sugar, and a saltspoon of salt. Cover and bake.

PINEAPPLE-PIE.

Pare, and cut in small pieces; fill the pie, adding one or two spoons of sugar, and a saltspoon of salt. Cover and bake.

PLUM-PIE.

Take out the stones; fill the pie; add a half-cup or more of sugar, and a saltspoon of salt.

PUFFS.

Puffs are made the size of tarts, but are covered after the fruit is in. Those made of stewed green apples are very nice, the apple being seasoned the same as for pies or tarts.

QUINCE-PIE.

Fill the pie with preserved quinces, or pare and slice them; and to a cup and a half of this fruit add three-fourths or one cup of sugar, a saltspoon of salt, and one or two spoons of cold water. Cover and bake.

RASPBERRY-PIE.

This fruit, when ripe, needs very little sugar. Fill the pie; add one spoon or less of sugar, and a saltspoon of salt.

RHUBARB-PIE.

The leaves of this plant should never be used, as persons have been poisoned by eating them. Peel the stalks, cut them fine, and to a cup and a half of it add three-fourths of a cup of sugar, and a saltspoon of salt. Cover and bake.

NUMBER TWO.

Spread only one layer of rhubarb on the under-crust, and a half-cup of sugar will be sufficient to sweeten it; add a saltspoon of salt, and two large spoons of very fine bread-crumbs. Sometimes an egg is added; but it is not much of an improvement.

RICE-PIE.

One beaten egg, half a cup of sugar, a saltspoon of salt, a little grated nutmeg, one cup of boiled rice, a large spoon of flour, and one cup of milk. Bake without a cover.

NUMBER TWO.

One beaten egg, three-fourths of a cup of sugar, a cup and a half of boiled rice, a saltspoon of salt, a little grated nutmeg, and a cup of milk.

SQUASH-PIE.

Two quarts of stewed and sifted squash or pumpkin, two quarts of milk, six large spoons of sifted flour, one cup of sugar, two teaspoons of salt, and the grated rind of one lemon, or half a nutmeg. Fill in deep plates, and bake without a cover in a hot oven.

NUMBER TWO.

One beaten egg, one cup of sugar, one pint of squash, two teaspoons of salt, one spoon of rose-water or more, eight spoons of flour, and two small quarts of milk.

NUMBER THREE.

Four beaten eggs, one cup of sugar, two teaspoons of salt, one spoon of rosewater, or the grated rind of one lemon, eight spoons of squash, and two small quarts of milk.

NUMBER FOUR.

One beaten egg, one-third of a cup of sugar, one spoon of flour, a half-cup of squash, a saltspoon of salt, a half-teaspoon of grated lemon-rind, or half a spoon of rose-water, and one pint of milk. This makes only one pie.

NUMBER FIVE.

One beaten egg, two spoons of sugar, a saltspoon of salt, half a cup of squash, one spoon of flour, and a cup of milk. This makes only one pie.

NUMBER SIX.

Eight beaten eggs, two cups of sugar, one-third of a cup of butter, one quart of squash, one teaspoon of salt, two spoons of rose-water, or the grated rind of a lemon, and two quarts of milk.

NUMBER SEVEN.

One beaten egg, one cup of sugar, a saltspoon of salt, half a cup of squash, a little grated nutmeg, one spoon of flour, and a cup of cream.

STRAWBERRY-PIE.

This needs nearly as much sugar as rhubarb, unless the fruit is fully ripe. To two cups of berries add three-fourths of a cup of sugar, or more, and a saltspoon of salt. Cover and bake.

SWEET-POTATO-PIE.

Two beaten eggs, a half-cup of sugar, one cup of boiled and sifted sweet-potato, a saltspoon of salt, a little nutmeg or other spice, and a small quart of milk.

TARTS.

The paste for tarts may be made by rubbing the flour and lard together before the water is added; and the quantities should be the same as for pies. If lard is used, a little salt is needed. If made like paste for pies, and a wall is made of it

around the edge, it melts when baking: but the usual way is to cut the paste, after it is rolled, with a tin cutter the size of the top of a teacup; then cut out the centre with a smaller cutter; wet the edge of the under-piece, which should be cut only with the larger cutter, and lay this around on it. They may be filled with almost any kind of fruit, sifted or made into jelly, sweetened and flavored as for pies. Apple is made white by having a little milk or cream mixed with it, but will not keep long. Boil twenty apples in a pint of water which was cold at first; and to one large quart of sifted sour apple, green or dried, add one cup of sugar, a teaspoon of salt, and half a cup of cream or milk. Currants, cranberries, gooseberries, grapes, lemons, plums, quinces, rhubarb, and strawberries, all make nice tarts, besides some other fruits. A covering of blanc-mange is quite ornamental and improving. The same size of crust filled with carrot, cream, custard, corn-starch, squash, or sweet-potato, prepared as for pies, is very nice; but a higher edge is needed.

TAPIOCA-PIE.

Wash one cup of tapioca, and soak it all night in a cup of cold water; use one cup of the soaked tapioca, adding one beaten egg, half a cup or more of sugar, a saltspoon of salt, a little grated nutmeg, or flavor, and one cup of milk. Bake without a cover.

THIMBLEBERRY-PIE.

Fill a crust with two cups of berries; add one cup of sugar, a saltspoon of salt, and a little grated nutmeg. Cover and bake.

TURNOVER-PIE.

The crust should be made the same as for boiled puddings. Chop fine half a pound of beef-suet; add a cup of yeast, a cup of water, and flour sufficient to mould. Mould, and let it rise all night. Roll it out thin; cut the pieces by laying down a saucer, and cutting around it; wet the edge with cold water, and lay in a spoonful of cooked apple, green or dried, or mince-pie meat seasoned agreeably, but without much juice.

Fold the crust once over the apple; press the edges neatly together; and fry in boiling lard.

WASHINGTON-PIE.

This may be made by putting a layer of jelly between two thin loaves of plain cake, or by removing the upper half of a loaf of cake, and inserting the jelly between this and the lower half.

PUDDINGS.

A pudding-dish should be of iron or of white earthenware, as the yellow and brown wares contain poisonous substances. Puddings to be baked are cooked best on the oven-grate, as, if baked on the bottom, the under-part is too solid. Puddings that are to be boiled should be put in only when the water boils, as, otherwise, they will be heavy; and a kettle of boiling water should be kept ready to fill up as often as it boils away. An iron cross-piece in the pot should be used to protect the pudding from burning.

A pudding-bag is needed, and should be made of stout, bleached sheeting, as follows: cut a round piece for the bottom five inches diameter, allowing enough more for the seam. Cut another piece eighteen inches in length, fifteen in width for the bottom, and seventeen in width for the top; make a hem in the top; run in a cord, and, if well made, it will answer its purpose. It should be washed before it is used.

APPLE-PUDDING.

Wash and skin a half-pound of beef-suet; chop it fine as possible in a wooden tray; mix with it a quart or more of sifted flour, one cup of yeast, one cup of water, observing the rules for bread as to temperature. Mould, and put it to rise in a deep tin pail at night. The pail should be covered.

Early in the morning, if it is light, as it will be if the yeast is good, roll it out thin; lay in as many apples that are pared, quartered, and cored, as it will hold (Porters are best), and fold the crust entirely over the apple; put the pudding into a

large cotton cloth that has just been wet in cold water; sew or tie it loosely; and let it rise till time to boil it, or till two hours before dinner-time. If the weather is hot, it would be best to put it in a refrigerator till time to boil it. This crust makes a fine pudding when filled with almost any kind of fruit or berries, especially huckleberries or cherries, plums, peaches, quinces, and other fruits, or even rhubarb. Serve with sweet sauce.

Small puddings may be made of the same materials by dividing them, and boiling a less time, or baking them in the oven. Pie-crust may be filled with fruit, rolled up round, and baked the same way.

NUMBER TWO.

Put three quarts of pared, quartered, and cored apple into a gallon preserve-kettle; add a cup of sugar or molasses and a little water. Make a crust like that in number one, or like bread, allowing it to rise all night; make it into biscuits one hour before dinner; lay them on the apple, and boil, but do not let the pudding burn.

NUMBER THREE.

Set a clean standard dish into a low round dish, and set both in a steamer. Have some raised bread-dough ready, or pudding-crust as for number one, and fill the lower dish with it; or make four biscuits of it, and lay in; then fill the upper dish with pared and quartered apples; cover; and set over a kettle containing a little boiling water. Steam it one hour, and serve with sweet sauce.

APPLE AND CREAM PUDDING.

Mix three cups of stewed and sifted or mashed Porter apples, a half-cup of sugar, and a saltspoon of salt. Pour over this a mixture of one cup of cold boiled rice, a cup of sweet cream, one beaten egg, a half-cup of sugar, a half-teaspoon of salt, and one spoon of flour. Bake an hour and a fourth.

ARROWROOT-PUDDING.

Boil three cups of milk, and stir into it, immediately, two large spoons of arrowroot wet in one cup of milk. When nearly cold, add four well-beaten eggs, a piece of butter the size of an egg, a half-cup of sugar, and a little grated nutmeg or lemon-peel. Bake from twenty to thirty minutes.

BREAD-PUDDING.

Cut the crust from a whole square loaf of bread, and steam it from half an hour to an hour. Serve with sweet sauce.

NUMBER TWO.

Bread-puddings are often spoiled by being baked too long. Four beaten eggs, one cup of sugar, three pints of bread soaked in a small quart of water, two small teaspoons of salt, a little spice or grated lemon-rind, three pints of milk, and, if wanted, one cup of raisins. Bake nearly two hours.

NUMBER THREE.

Three beaten eggs, a cup of sugar, one quart of buttered bread, a teaspoon of salt, half a teaspoon of ground cloves or other spice, and three pints of milk. Make it in season for it to soak together one hour, and bake about an hour and a half. No sauce is needed.

BUCKWHEAT-PUDDING.

Cold buckwheat-cakes need not be thrown away, as they often are; for they make a very good pudding. One beaten egg, half a cup of sugar, a saltspoon of salt, a little spice, a small pint of cold buckwheat-cakes cut fine, a pint and a half of milk, and a handful of raisins. This makes a good pudding for a small family.

COCOANUT-PUDDING.

A cocoanut, to be good, should have its natural liquid remaining in it; and, if it has not, it is usually sour and worthless. Shake it; and, if the milk is heard, it is good, unless the milk has been taken out, and its place filled with water. Break

the shell, cut the woody fibre from the fruit, grate it, and to one cocoanut of medium size add two quarts of milk, a teaspoon or more of salt, a small quart of fine bread-crumbs, and one cup of sugar. Bake about two hours.

NUMBER TWO.

Two cups and a half of grated cocoanut, a cup and a half of sugar, one spoon of flour or corn-starch boiled in the milk of the nut, a teaspoon of salt, a pint of fine bread-crumbs, and three pints of milk. This is good hot or cold.

NUMBER THREE.

Six beaten eggs, one cup of sugar, a teaspoon of salt, butter the size of an egg, three pints of milk, and one grated cocoanut with its milk.

CORNMEAL-PUDDING.

Wash, and chop fine, three-fourths of a pound of beef-suet; pour a small pint of boiling water on a small quart of corn-meal; and mix all these together with a half-cup of molasses and a teaspoon of salt. Put this into a pudding-bag, and boil three hours. Serve with sauce or butter. If the molasses be left out, it may be eaten with meat.

NUMBER TWO.

One beaten egg, a cup of molasses, two cups of chopped suet, one cup of yeast, half a nutmeg, three cups and a half of corn-meal, and one cup of flour. Let it rise all night, and boil three hours. Serve with sauce.

NUMBER THREE.

One beaten egg, one cup of sugar, half a nutmeg, half a pound (or two cups) of chopped beef-suet, one cup of milk, one of yeast, and three cups of corn-meal. Let it rise all night, and boil three hours in a pudding-bag. Serve with sauce.

NUMBER FOUR.

Allow two quarts of milk and two cups of corn-meal, using

a part of the milk cold to wet the meal, and boiling the rest of it; stir the milk to prevent burning; and, as soon as it boils, stir in the meal, and with it a half-cup of molasses and a teaspoon of salt. Let it boil about three minutes, stirring it all the time; then dish, and bake it four or five hours. A few sweet apples pared and quartered are an improvement to this kind of pudding. Serve with butter.

CORN-PUDDING.

Grate twelve ears of raw green corn, and mix with four well-beaten eggs, one cup of sugar, a half-cup of butter or cream, a teaspoon of salt, and a large quart of milk. Bake it from two to three hours.

CORN-STARCH-PUDDING.

Many kinds of food prepared for market are made of potatoes; and corn-starch is supposed to be one of them.

Mix three large spoons of corn-starch in cold water enough to wet it. Boil a quart either of water or milk, and pour in the wet starch, adding a teaspoon of salt; stir two or three minutes till clear; dish, and serve with sauce. This makes a cheap and good pudding.

NUMBER TWO.

Use one small quart of milk, taking a part of it to wet two large spoons of corn-starch; boil the remainder of it, and stir into it the wet starch. Have ready two eggs well beaten, two large spoons of sugar, a teaspoon of salt, and the grated rind of one lemon or other flavor or spice. Boil all together five minutes, stirring constantly, and serve with or without sauce. Or use a pint more of milk, and bake the pudding thirty minutes.

CREAM-PUDDING.

Two beaten eggs, two large spoons of sugar, a saltspoon of salt, two cups of sweet cream, and four large spoons of sifted flour. Bake thirty minutes or more, according to the fire; and serve warm without sauce.

CRUMB-PUDDING.

Crumbs or remnants of cake, cookies, or bread, make excellent puddings.

One beaten egg, a quart of milk, one cup of cake or cooky crumbs, half a teaspoon of salt, a little spice or flavor, and a little sugar if necessary.

CUSTARD-PUDDING.

Custards should not boil, as this causes whey in them. When a spoon-handle can be inserted in them without the custard adhering on being withdrawn, they are done.

Four beaten eggs, half a cup of sugar, a large quart of milk, half a teaspoon of salt, and a little grated nutmeg. This may be baked in a pudding-dish, or in cups. The oven should not be very hot. Or they may be steamed from three-fourths of an hour to an hour.

NUMBER TWO.

Six beaten eggs, one cup of sugar, a saltspoon of salt, a large quart of milk, and spice or flavor.

NUMBER THREE.

Two eggs, a saltspoon of salt, half a cup of sugar, one cup of sweet cream, two cups of milk, and rosewater or grated nutmeg.

NUMBER FOUR.

One beaten egg, half a cup of sugar, a saltspoon of salt, and a teaspoon of grated lemon-rind. Wash one cup of sea-moss, and boil it in a large quart of milk five minutes, stirring to prevent burning; strain, and press it through a jelly-bag, and mix it with the egg and sugar. Wet the mould, pour in the custard, and keep it on ice till wanted.

FARINA-PUDDING.

Boil one large quart of water; wet five spoons of farina in a very little cold water, adding a teaspoon of salt; and stir this into the boiling water till thick: pour it into a pudding-dish,

and let it remain in the oven from twenty to thirty minutes. Serve with sauce, or with butter and sugar.

NUMBER TWO.

Boil three large spoons of farina, previously wet in cold water, in three large pints of milk, stirring it constantly till thick. Have ready two beaten eggs, a cup of sugar, a teaspoon of salt, and a little spice or flavor. Mix all together, and bake one hour.

NUMBER THREE.

Boil five large spoons of farina, previously wet in cold water, in three large pints of water. Remove it from the fire, and add to it five beaten eggs, a cup of sugar, a large quart of milk, two teaspoons of salt, and spice or flavor. Bake it two hours, and serve with or without sauce.

FIG-PUDDING.

Make this as directed for fruit-pudding number two, with the exception of using figs instead of other fruit.

FLOUR-PUDDING.

Allow one quart of milk, adding a teaspoon of salt; and, as soon as it boils, stir in sifted flour as long as the milk will receive it, and the pudding is done. Wet a bowl, or mould; put the pudding in it to remain a few minutes; turn out, and serve with sweet sauce. This pudding is not as light as some kinds, but is liked by many persons: it is sometimes called a minute-pudding.

NUMBER TWO.

Boil three-fourths of a small quart of milk, and wet three large spoons of flour in the other fourth; stir all together till thick; and then pour it into a pudding-dish containing two beaten eggs, two-thirds of a cup of sugar, half a teaspoon of salt, and half a nutmeg grated. Mix well, and bake an hour.

FRUIT-PUDDING.

The Thanksgiving plum-pudding of our ancestors was

made as follows: Crackers were used in making it; but bread is preferable as far as health is concerned, unless crackers are superior to their reputation. Soak about a dozen large crackers, if pure, in milk, the night before it is made, not taking the trouble to skim the milk; or use the same quantity of bread sliced, but without soaking. Use a tin or iron kettle that holds about a gallon. Mix four beaten eggs with two cups of sugar, a teaspoon of salt, a teaspoon each of ground cloves, allspice, and cinnamon, and one grated nutmeg. Half fill the kettle with alternate layers of crackers or bread, the egg-mixture, and box-raisins, using a pound of the raisins; then make the kettle three-fourths full with milk, if to be baked in a stove oven, as it swells, and runs over; but it may be filled to bake in a brick oven. It requires three hours to bake in a brick oven, and some less in a stove. Cover it while baking, if likely to burn. It is better cold than hot, but nice either way, and may be eaten with or without sauce. If the kettle is swabbed with fat before the pudding is made, it turns out smooth and hard when cold, and may be cut in handsome slices. Those who have only manufactured milk butter each half-cracker, or slice of bread.

NUMBER TWO.

The old English plum-pudding is usually cooked by boiling, and is raised with eggs or ale; but yeast is preferable to either. In this kind of pudding the fruit may be varied to suit the taste without injuring the pudding. Dates, figs, citron, currants, or raisins, may be used.

Wash, skin, and chop fine in a tray, a half-pound of beef-suet, and mix with one pound (which is a small quart) of sifted flour, a half-pound or more of chopped raisins, a half-pint of yeast, and the same of water, a teaspoon of salt, half a teaspoon of ground cloves or other spice, and the grated rind of a lemon. Wet the pudding-bag in cold water; and, after the pudding is well mixed, put it in the bag, and set it to rise in a covered tin pail where the temperature is right to raise bread. It should be mixed at night to be ready to be boiled next day.

Tie the bag quite near the pudding, as it will not swell much if any more. Have a dinner-pot half full of boiling water, and the iron cross-piece in to prevent burning; and do not put the pudding in unless the water boils; and, lest it should boil out, keep the teakettle full of boiling water to fill up with. The pudding should boil about three hours. When done, dip it in a pail of cold water, and out immediately, to loosen the pudding from the bag: this allows nice slices to be cut from it. Serve with sweet sauce made from the water it was boiled in.

For a small family, use one-half the quantity of flour, suet, yeast, and other things; and, for fruit, one cup of raisins and a half-cup of dried currants.

NUMBER THREE.

Two small quarts of sifted flour, a half-pound of chopped suet, a teaspoon of salt, two beaten eggs, a teaspoon of ground cloves, half a nutmeg, two cups and a half of milk, a half-pound of stoned and chopped raisins, and a half-pound of cleaned dried currants. Boil two hours or more.

NUMBER FOUR.

A half-pound of chopped beef-suet, a small pint of bread-crumbs wet in a cup of water and chopped fine, a small pint of flour, one cup of yeast, a little grated nutmeg or other spice, and two cups of dried currants. Let it rise all night, and boil two hours. Serve with sweet sauce.

NUMBER FIVE.

A half-pound of chopped beef-suet, a small quart and a fourth of sifted flour, a little less than a small pint of yeast and water in equal proportions, one cup (or a half-pound) of figs washed in cold water and chopped, one cup of washed and stoned dates, a half-pound of seeded raisins, one-fourth of a pound of sliced citron, the grated rind of one lemon, one-fourth of a nutmeg, and a saltspoon each of ground cloves, allspice, and cinnamon. Raise all night, and boil two hours and a half or three hours. Serve with sauce.

HASTY-PUDDING.

Boil one quart of water; add a teaspoon of salt; sift in corn-meal with the left hand, while the right stirs it with a stout spoon; and boil all at least five minutes after all the meal is in, or till as thick as griddle-batter. The longer it is boiled, the better it becomes, if it is stirred constantly, and does not burn. Wet a bowl, put the pudding in it, cover, and in a few minutes turn out on a plate, and serve with cold milk. This was one of the dishes of our ancestors, and should be of ours, as nothing is more wholesome.

When cold, cut it in slices; fry in hot pork-fat till brown on both sides by being turned once; sprinkle on sugar, and serve.

HOMINY-PUDDING.

Soak a pint of hominy in two pints and a half of cold water all night; add a teaspoon of salt; set it over the fire, stirring till it is thick; set it in the oven to remain one hour, and it is ready for the table.

HUCKLEBERRY-PUDDING.

Make a crust as for apple-pudding number one; fill with huckleberries, and boil the same way; or mix the crust in the morning, which would be better. Serve with sweet sauce.

NUMBER TWO.

This is sometimes called a pot-pie. Two quarts of berries, a pint of good molasses, a half-teaspoon of salt, but no water. Put these into a kettle, and make a crust like bread, by mixing, early in the morning, a cup of yeast, one of water, and flour enough to mould; or make a pudding-crust like that for apple-pudding number one. Let either rise till one hour before dinner, and make it into biscuits to lay on the top of the berries; cover, and boil one hour. Serve with butter.

If sweetened with sugar, allow one-fifth as much sugar as berries in measure, and a few drops of water.

NUMBER THREE.

Half a pound of chopped suet, one pound of flour, or a lit-

tle more if needed, one pint of yeast and cold water in equal quantities, and a quart of berries. Mix carefully; put it in a bag to rise all night; and in the morning tie tight, and boil from two to three hours. Serve with sweet sauce.

LEMON-PUDDING.

Two beaten eggs, two small lemons, one teaspoon of salt, a cup and a half of sugar, three cups of fine bread-crumbs, and three cups of cold water. Bake an hour and a half.

MAIZENA-PUDDING.

Maizena, or corn-starch, which means the same, is supposed to be made from potatoes. Boil a large quart of milk, and stir into it six large spoons of maizena previously wet in one cup of cold milk or water, and a saltspoon or more of salt, till all is thick, but not burned. Take it off the fire; add four beaten eggs mixed with one cup of sugar, some grated nutmeg or lemon-rind, and stir all well together. Wet some cups in cold water to prevent the pudding adhering to them; pour the mixture in; and set the cups on ice. When wanted for the table, turn them out on a plate or platter in a circle or oval, and also turn out a cup or glass of jelly for the centre, or custards alternately with blanc-mange made in cups.

OATMEAL-PUDDING.

Nothing is considered more wholesome than oatmeal, and it is also very rich and nutritious: children should have it often.

Boil one quart of water with a teaspoon of salt in it; add two cups of oatmeal previously wet in one cup of cold water; stir constantly till thick; pour it into a pudding-dish, and let it remain in the oven long enough to make a half-hour in all that it has been cooked. It is excellent to eat with meat, but is also eaten with butter and sugar, or with milk or cream. When any is left cold, put it in the pan with a little cold water; stir it till thick, and it is about as good as new. Or slice, and fry it in salt pork-fat.

NUMBER TWO.

Two beaten eggs, one cup of sugar, three small pints of milk, a half-teaspoon of salt, and two cups and a half of cooked oatmeal, as directed in number one. Bake an hour and a half.

RHUBARB-PUDDING.

Make a crust as for apple-pudding number one, and line it with rhubarb, peeled and sliced. Serve with sweet sauce.

RICE-PUDDING.

It is said the natives of East India cook rice so that each grain is dry, separate, and swelled to double its size. The nearest approach we make to cooking it in that way is to boil it about twenty minutes in a large quantity of water; then shake, and drain it in a sieve. Wash a half-pound of rice, and put it into three quarts of boiling water with a teaspoon of salt, and boil it twenty minutes. Drain, and serve with sauce. Or cook it in just water enough to swell the rice; add a teaspoon of salt to a quart of water, and one cup of raisins to a cup of rice. If more water is used than the rice takes up, make the sauce of it, and save the remainder to put in soup.

NUMBER TWO.

One beaten egg, half a cup of sugar, three cups of cold boiled rice, a saltspoon of salt, a little grated nutmeg, three cups of milk, and half a cup of raisins, or not. Bake from an hour to two hours.

RYE-PUDDING.

Boil a quart of water, adding a teaspoon of salt; stir in rye-meal as long as the water requires it, and serve with butter and molasses.

SAUCE.

Mix thoroughly half a cup of butter with a cup of sugar, and half a nutmeg grated, or the grated rind and the juice of a lemon. Smooth it, and serve on a butter-dish.

NUMBER TWO.

Boil a pint of water, and thicken it with a large spoon of flour wet to a smooth paste in cold water; let it boil one or two minutes, and add a cup of sugar, butter the size of an egg, a saltspoon of salt, a little grated nutmeg, and a few drops of vinegar, or a teaspoon of lemon-juice and the grated rind of a lemon. Currant-juice makes sauce a beautiful color, and gives it a pleasant acid taste. It may be bottled, and kept all the year.

NUMBER THREE.

Boil a small pint of the water in which a suet-pudding was boiled; stir in one large spoon of flour smoothed in two-thirds of a cup of sweet cream; add one cup of sugar, a saltspoon of salt, a teaspoon of lemon-juice, and a little grated nutmeg; or, if the pudding has no lemon in it, add the grated rind of one lemon.

NUMBER FOUR.

One egg, one cup of sugar, half a cup of butter, a saltspoon of salt, half a nutmeg, and half a cup or less of boiling water.

TAPIOCA-PUDDING.

Sago, as well as corn-starch, is supposed to be made from potatoes. Tapioca cannot be imitated so easily; and it is best to buy it, as it makes one of the best of puddings. It needs to soak an hour in an equal quantity of cold water before it is cooked.

Wash a half-pound or a cup and a half of tapioca, and soak it in a quart of cold water one hour; then add another quart of water and a teaspoon of salt, six sour apples pared and cored, or a lemon washed and sliced, or a cup of raisins or dried currants. Bake one hour, and serve with sauce.

NUMBER TWO.

A half-cup of tapioca, washed, and soaked an hour in an equal measure of cold water, a saltspoon of salt, a half-cup of sugar, a little spice or flavor, and one quart of milk. Bake one hour or more.

NUMBER THREE.

Half a cup of tapioca, three beaten eggs, one cup of sugar, a teaspoon of salt, a little spice or flavor, and two small quarts of milk. Bake an hour and a half, and serve without sauce.

NUMBER FOUR.

This is a good pudding for a large family. Two cups of tapioca, five beaten eggs, one cup of sugar, two teaspoons of salt, a little grated nutmeg, lemon, or other spice or flavor, one large quart of milk, and a large quart and a half of water. Bake two hours or more.

NUMBER FIVE.

One cup of tapioca, two beaten eggs, one cup of sugar, one teaspoon of salt, a little spice or flavor, and one quart of milk. Bake one hour or more.

NUMBER SIX.

One cup of tapioca, two beaten eggs, one cup of sugar, a teaspoon of salt, two cups of huckleberries, and two cups of milk. Bake an hour and a half or less.

NUMBER SEVEN.

One cup of tapioca, two beaten eggs, a half-cup of sugar, a saltspoon of salt, butter the size of a walnut, the grated rind of a lemon, and a pint and a half of milk. Bake one hour or more.

NUMBER EIGHT.

One beaten egg, half a teaspoon of salt, half a cup of sugar, a cup and a half of soaked tapioca, one cup of cream, one cup of milk, and a little grated nutmeg.

NUMBER NINE.

One cup of tapioca, one beaten egg, a saltspoon of salt, a half-cup of sugar, two cups of cream, and a half-cup of milk. Bake one hour.

ICE-CREAM.

Three beaten eggs, one cup of white sugar, one quart of milk, and one or two teaspoons of grated lemon-rind. If there is no freezer at hand, put this mixture into a tin pail holding two to three quarts, and having a tight cover. Use a firkin large enough to allow plenty of room between its sides and the pail. Fill the firkin one-fourth or one-third full of old brine; and, if it is good for nothing else, it is just as good for this purpose, as no brine should ever be allowed to get inside the pail. Put in as many small pieces of ice as can be got into the brine and around the pail; then shake the pail around from right to left, and back, till it is done. Have a knife ready; and, as often as the mixture gets frozen to the sides of the pail, remove it, and continue the shaking till all is frozen. Twenty minutes will generally suffice to freeze the quantity given here, even with so poor apparatus.

NUMBER TWO.

Four beaten eggs, one cup of sugar, one pint of sweet cream, the same of milk, and one or two teaspoons of grated lemon-rind or other flavor; freeze as before directed. The flavoring-extracts made to sell are suspected — at least, some of them — of being made of powerful poisonous acids that cause sore mouths.

SUBSTITUTE FOR ICE-CREAM.

Two eggs, three-fourths of a cup of sugar or more, and flavor of some kind. Wash one cup of sea-moss, and boil two to five minutes in a large quart of milk; strain it; add the beaten eggs and sugar, and a half-teaspoon of salt if wanted. Beat all together, and pour into moulds or cups previously wet in cold water, and set them on ice.

BLANC-MANGE.

This is made the same way as the preceding recipe, only leaving out the eggs, sugar, and salt. It may be eaten with jelly, or with sugar and milk.

FRUIT-ICES.

The soft pulp of fruits may be frozen like ice-cream, and served in glasses. This is more common in the West Indies than here.

CANDY.

It is not safe to allow children to eat candy unless it is made at home, as there are so many harmful and poisonous substances used in its manufacture. There are books which teach the processes of making candy; and, if it must be eaten, it would be better to procure a book, and make all that is used. Molasses-candy is made as follows: "Boil two cups of New-Orleans molasses with one cup of sugar, one spoon of vinegar, and a piece of butter half as large as an egg, twenty minutes; then work, and make it into sticks."

BUTTER.

It is said that those who make what is called Philadelphia butter, and which sells at a dollar a pound, churn only once a week. This may all be true; yet the *best* butter cannot be made in that way, as, the sooner cream is churned after it is formed, the better the butter will be; and this is the principal difference between good and poor butter. There is a little difference in the milk of cows; some being richer and more yellow than others. I have seen cream, that, when loosened from the sides of the pan, could be removed in one entire piece with a thumb and fingers: such cream is worth something.

First a good breed of cows should be kept; and they should have a generous and varied diet, rightly salted, all the year, with plenty of clean water within reach at all times. Care and neatness must be used in milking and in every succeeding step of butter-making. A milk-room should be on the north or west side of the house, in as cool a place as can be found, and always kept clean. Milk pans and dishes should never be washed with other dishes. Rinse all of them in a little cold water, and put it in the swill; next use clean hot

suds, washing them thoroughly in it; then rinse them in clean boiling water, so that, if the milk was sour, it may not injure the next panful. Wipe them dry with a clean dish-towel, and turn upside-down in their places on the milk-room shelves, ready for use. Every milk-room needs fine netting over the windows to exclude insects and dust.

Cream should be skimmed as soon as all of it has risen to the surface, and kept in stone-ware till churned. That which is kept a week in summer, with additions each day, will mould if the whole is not thoroughly stirred up each day; but, where there is cream enough to churn every day, this should be done, and then it would be impossible to have bad butter. Before using the churn, which should always be kept clean, pour in a little boiling water to sweeten the wood, dash it around a little, pour out, and, in summer, put in cold water to cool it. When cool, put in the cream, and churn it. In very hot weather, as soon as it comes pour off the buttermilk, and add cold water to the butter: this makes it compact and hard with a few more strokes of the churn.

There is a division of opinion as to how much salt is needed in butter; but all who buy it will agree that salt, even in butter, is not worth from fifty to a hundred cents a pound. Butter is ruined, for most tastes, by the enormous quantities of salt used; and some affirm that it is better with none. A heaped teaspoon of fine salt to two pounds of butter is the most that should ever be used, as this is about the same as other food is salted. A double quantity should be put in, as much of it is worked out. Take the butter from the churn into a pan of clean cold water; wash out as much buttermilk as possible with the hands, and repeat this operation till the last water is clean. This advice may shock some persons, who fear the sweetness will be washed out; but water and oil never have been made to mix yet, and no washing in cold water can injure butter. Make the salt free from lumps, mix it in evenly, smooth the butter, and cover it with a clean cotton cloth wet in cold water: if left uncovered, as is sometimes done, dust blows in, and mixes with it. The next day, when

it is hard (as it should be if kept in a cold place), work it over, a small lump at a time, using wooden workers made for the purpose: these should be scalded, and then rinsed in cold water. The best of butter may be made in this way, and kept more than one year without a pound of ice, where there is a good cellar. If not wanted for immediate use, pack it in a clean, sweet firkin, or in stone-ware; cover it with a clean piece of cotton cloth, and sprinkle a handful of salt over this. The cover should fit very closely, and the butter should not be disturbed till cut out to eat. Good butter is spoiled if turned out of a firkin to be cut up and replaced.

Those who put any dye-stuff or coloring-matter into butter should be handed over to a judge and jury. Butter intended for market should be done up either in quarter-pound cakes appropriately stamped, or in half-pound or pound lumps. Stamped cakes of good butter would sell better, however, than in any other form.

CHEESE.

When milk becomes sour, it is better to make it into small cheeses than to throw it away. Take milk as soon as it is thickened by souring, tie it in a clean bag, and hang it up to drain two or three days out of the way of flies. When hard, remove it to a dish, and to one pint of curd add a half-teaspoon of salt and the same of ground sage; mix thoroughly, and to another pint of curd add the same quantity of salt, omitting the sage. After wetting the hands, mix the two together slightly; form the curd into small round or flat cakes; put them into a clean bag; and hang up in the sun, or near a fire, to dry. They are fit to be eaten in a day or two.

Cheese from sweet milk is made by using a square inch of rennet to each pail of milk, and mixing them when the milk is as warm as it is when just milked: in a short time, this will be curd. Have a large strainer-cloth laid into a large basket, over a tub; put the curd into this strainer, and let the whey drop out into the tub: when all is out, break up and salt the curd, using a teaspoon of salt to two quarts of curd. When

the salt is well mixed in, put the cloth containing the curd into the hoop made to receive it; put on the board or "follower," and press the curd about three days, turning it over twice in that time to press each side equally. Trim the edges; cover the whole cheese with a coating of lard or butter; and repeat the larding, turning it over once each day, till sufficiently hard and ripe to keep well; or put a cotton-cloth all over the cheese, and lard this thoroughly to keep out insects.

PICKLES.

In the old method of making pickles, the bright green color was retained or produced by boiling vinegar in a brass kettle, and pouring it hot on the cucumbers and other pickles. Of course, such pickles could not be free from poison.

Now, pickles manufactured to sell are put up in vinegar made from whiskey, and called white-wine vinegar. Any one who has read the reports of the internal-revenue officers will know how pure whiskey must be made in copper vessels, and assisted by sugar of lead and similar articles. Of course, those who eat green cucumber pickles eat with them more or less poison, unless prepared at home. Good and pure cider-vinegar will preserve them green by merely putting them in it when cold, with a large spoon of salt to two quarts of vinegar; and a piece of alum as large as a hen's egg to the same quantity of vinegar keeps them hard. Peppers improve nearly all other pickles if mixed with them, and an incision made in one place; but only a few should be used, or the pickles will be too peppery. Spices, also, are an agreeable addition to them, especially cloves: tie whole cloves and other spices in a small clean bag, and keep this with the pickles in stone or glass ware: brown earthen should not be used, as it contains poison. Like other preserves, they may be bottled, boiling vinegar, prepared as directed, poured over them, and sealed up to keep any length of time.

Green tomatoes have too hard a skin to be eatable, unless the vinegar is put on them boiling hot; and, even then, none

but the small ones are fit to use in this way. Peppers improve them much. The stalks of celery are an agreeable addition to most pickles. Artichokes, string-beans, green gooseberries and currants, small muskmelons, martynias, nasturtium-seeds, small onions, English walnuts when green, besides many other things, are used for pickles. Most of them need only to be put in cold vinegar with salt, alum, and spices, or to be bottled, and the boiling vinegar poured on them, and then sealed up. Capers are an imported pickle used in gravies, and eaten with boiled meats or fish.

CATCHUP.

Peel tomatoes in the usual way; boil them a half-hour in tin or porcelain; sift through a tin sieve; and to two quarts of sifted tomato put two teaspoons of salt, a half-teaspoon of ground cloves, one teaspoon of black pepper, a half-teaspoon of ground allspice, and a cup, or less, of cider-vinegar. Perhaps some persons would prefer more spice; but, the less spice, the more wholesome is the food of any kind.

CHOW-CHOW.

Wash four quarts of large green tomatoes; halve them, and put into a preserve-kettle with two quarts of cider-vinegar, one large spoon of salt, the same of ground cloves, or more of mixed spices, a few whole cloves; and, as soon as they boil once, snatch them from the fire, or they will be too soft. Now put in from six to twelve green peppers cut open, and either bottle and seal the whole, or put in stone jars, and cover. It is ready for use.

PRESERVES.

Before patent sealed cans came into use, preserves were usually made by putting one pound of prepared fruit of any kind with one pound of sugar, with more or less water, according to the fruit. Cans, though expensive, are cheaper, if carefully used, than using so much sugar every year; for one-half the sugar was not needed to make them good and eatable that was required to preserve them; and then they must be scalded if kept long, — perhaps several times. Most fruits are far better with less sugar than was formerly used.

There are no glass jars as yet made which will keep fruit perfectly air-tight; and it is not sure to keep unless it is. The glass cover does not fall sufficiently into the jar to drive out the juice; and, of course, some air remains. If air-bubbles are found after filling, and before sealing, insert a wire, and let them out. Bottles with wide openings, such as pickles are usually sold in, are much better, cheaper, and more easily filled, than the patent cans or jars. The sizes should vary from a half-pint to two quarts each. Tin cans are a very poor investment, as, after the first year, preserves do not taste well if kept in them.

All glass-ware should be boiled once before using, as it renders it less liable to break; and bottles and cans need boiling but once. Wash the glass, and put it into a dinner-pot, with the iron cross-piece in the bottom; for, if the bottles touch the bottom of the pot, they break. Fill up with cold water, cover, and, as soon as it boils, take it off the fire, and let it remain covered till the water is cold if not to be used soon. But, if the cans are to be used immediately for preserves, let the pot and bottles remain on the fire, and take one out as often as wanted. See that each bottle has a good cork that fits it, as new corks are needed every year, and are not expensive.

The best, cheapest, and cleanest wax that can be used is made by pounding two cups of rosin, and scraping fine one cup of Bristol-brick dust. Put these into a tin dish, and melt together. This wax does not adhere to the clothes and fingers as shoemaker's wax does, and is always ready for use by warming. Iron, which is the best metal for cooking most things, turns fruit a dark color; and, for this reason, brass and copper have been extensively used: but both these metals poison food cooked in them, and it is not safe to use them at all. Iron that is lined either with tin or porcelain should always be used for cooking fruit. Preserves may be put up without sugar; and, if they do not keep, the sugar is not lost. Nearly all preserves are better, and are not so likely to break, if a very little salt is added.

If bottles containing preserves get broken, the whole had

better be thrown away, as broken glass in the stomach is liable to cause death. Bottles should always be clean when used; and, if the dust or dirt does not come out easily, get a handful of pebbles, sand, or gravel; put it in a bottle together with a little soap and warm water; shake till clean, then rinse several times, using hotter water each time: the bottle is then ready to be filled. If the bottles are clean and cold, rinse them in three waters, having each hotter than the former. They are now ready for use. If the fruit is boiled sufficiently, fill the bottle entirely full, put in the cork, press it in firmly, and, if much of it remains above the bottle, cut it off with a sharp knife; wipe the top of the bottle with a clean dry cloth; dip it in the melted wax, and it is done. Now, if it should be set into a pan of cold water to wash the outside of it, the bottle will be about sure to break: so, when it is cold, wipe it with a wet cloth, and put it away where it will not freeze. If the bottle, while hot, be carried to a cool room, it will break; and, for this reason, it should remain in the kitchen till cold.

When one has many preserves to put up, one must work very fast to keep matters in a right state. Much juice is needed in the preserves to bottle well; and, if there is a deficiency, fill up the bottle with boiling water. It is best to use white granulated sugar, as it needs no clarifying, and much time and labor are saved; while the cost is only a trifle more than that of brown sugar.

Most fruits should be put into cold water at first, as it best preserves their color, and hot water hardens the skin of them.

Bottles should be labelled, either by tying a piece of paper around them, using a solution of gum-tragacanth, or pressing it into the wax when hot. When a cork falls into a bottle, it may be got out by inserting a string with a hard knot on the end, and inverting the bottle: pull the string, and the cork comes with it.

APPLES.

Apples are good baked, coddled, boiled, or made into various kinds of food.

To bake them, put them into an iron pan with a few drops

of water or not, and bake in the stove-oven till soft, which will require not much time.

BOILED.

Wash and wipe small sweet apples, and, if the skin is tough, pare them; but no wormy ones should be used. Put three large quarts of them in a preserve-kettle with three-fourths of a large quart of cold water and three-fourths of a large pint of clean molasses, and boil them till soft, which will take about thirty minutes. They will not keep long unless sealed up. Porter apples, which are the best kind for cooking, do not keep long unless canned or bottled. Wash, pare, quarter, and core three quarts of ripe apples; put them in a preserve-kettle, with cold water enough to nearly cover them; and as soon as they begin to be soft, which will be in a few minutes, fill the cans, seal, and put away when cold. They are ready to be made into pies at any time.

DRIED.

Apples may be sliced or quartered to dry; but the quartered ones, strung on twine, retain more of the goodness of the fruit than sliced ones: in either case, the hulls should be cut out. Sweet apples are not good dried; but only the sourest ones should be used. Apple should be dried by the sun, if possible; but, if the weather is unfavorable, put it in a slightly warm oven to finish off. When wanted for use, pick it over, and, if it is to be eaten without sifting, cut out all the hulls, if any; wash it clean in two or three waters, soak it all night in cold water, and next day half fill a preserve-kettle with it and the water in which it soaked. Cover close; but do not stir it, or it will burn if mashed. One hour is enough for it to boil. When sifted through a tin sieve, it makes nice tarts or pies, and is much better to eat with bread and butter than before sifting. A quart of the apple needs a cup or less of sugar.

JELLY.

Pare and cut fine fourteen large sweet apples, and boil in

two large quarts of water till reduced to one-half the quantity. Drain through a jelly-bag; but do not sift nor press it, as this would prevent its transparency. Put a half-pound of sugar to a pint of juice; boil till it will jelly on a cool plate; and strain into moulds. If made of sour apples, one pound of sugar to a pint of juice is needed.

MARMALADE.

Stew two quarts of pared and cored sour apples in one quart of water, cold at first, and, when soft, sift them, and to one large pint of sifted apple put half as much sugar, and flavor if wanted. Return the apple to the kettle, and boil, without burning, fifteen to thirty minutes, and put into glasses or moulds. Tie a paper over each.

STEWED.

Pare any kind of ripe apples; and if the quarters are put immediately into cold water, and cooked in it, they retain their whiteness if not stewed too long. Put a pint of cold water with three pints of pared and quartered apples; set all over a good fire, cover close, and cook ten minutes, or till soft. Turn out carefully, and serve with meat; or sweeten them to eat with bread and butter. A very little salt and grated nutmeg improve them.

SWEET PICKLED.

Pare, quarter, and core four pounds and a half of sweet apples, and put them in a kettle with three-fourths of a pound of sugar, a half-cup of cider-vinegar, a half-teaspoon of salt, a half-teaspoon of ground cloves, and one cup or more of cold water. Boil till soft; can and seal.

BANANAS.

Bananas have a taste some like muskmelons. They are not improved by cooking, yet may be preserved to taste as well as when raw. Boil them two or three minutes in a little water, with a teaspoon of sugar to each banana, and bottle; or put them raw in a bottle, fill it with boiling water, and seal.

BARBERRIES.

One small quart of barberries, after being picked from the stems, weighs about one pound. Wash the fruit till the last water is clean; and, if a large quantity is cooked at once, a deep kettle is needed, as they often boil over. Put with four quarts of the berries four quarts of the best molasses, and a pound of sugar. Boil all together till the berries are soft, which will be in a few minutes; skim them into a stone jar with a cover that fits it. Have ready a half-peck of large sweet apples, pared, quartered, and cored; cook them in the molasses till soft; take them out, and put with the barberries; and pour the liquid over all. To keep well, it should be canned and sealed; and, in this case, it would be best to return the berries to the kettle as soon as the apple is soft, and then can all as soon as it boils again.

NUMBER TWO.

With one small quart of barberries put one cup of sugar, a half-cup to a cup of cold water, a pinch of salt, and boil them from five to ten minutes before bottling. If large quantities be done at once, commence to bottle as soon as they boil.

NUMBER THREE.

Put eight pounds of sugar with ten pounds of barberries and three pints of cold water. Boil, bottle, and seal. The juice of this, mixed with water, makes a nice drink for sick persons.

BLACKBERRIES.

Pick over the ripe fruit; sprinkle on a little sugar; let them remain from twelve to twenty-four hours; and they are very nice with bread.

CORDIAL.

This fruit is considered an excellent remedy for dysentery and a tendency in that direction: the roots are also used as a remedy for disease of the bowels. Stew four small quarts of low-bush blackberries fifteen minutes with little or no water; strain through a jelly-bag, pressing out all the juice, of which

there will be about a quart. Put with it a pound and a half (or three cups) of white sugar, a half-teaspoon each of ground cloves, allspice, and cinnamon, and half a nutmeg. Boil all five minutes; bottle, seal, and label. Do not give too much of it to a child at once: a few teaspoonfuls of it in a day, at intervals, is enough.

JAM.

Pick over two quarts of ripe blackberries, and put into a preserve-kettle with just water enough to cover the bottom of the kettle, and one cup of sugar. Let them boil one or two minutes; bottle and seal.

CHERRY-JAM.

To one quart of cherries, after the stones are taken out, put one-fourth as much sugar in measure. Boil five minutes, and bottle.

Children should never be allowed to eat cherries unless the stones are removed, as they often swallow them, and sometimes in such quantities as to cause death. A skilful physician used to order mouldy cheese to be given to persons who had become sick by eating too many cherries.

CITRON.

Pare, and slice it very thin, taking out the seeds, and quartering the slices; or cut it lengthwise as a muskmelon is marked. To two pounds and a half of citron, weighed after it is ready to be cooked, add two cups (or one pound) of sugar, two cups of cold water, and the juice and grated rind of a lemon. Boil an hour (or till soft); can and seal.

CRAB-APPLES.

Wash them in cold water, and cut out the cores with a pointed knife. Nearly cover them in a preserve-kettle with cold water; add a half-pound of sugar to each pound of fruit. Boil till soft; bottle and seal.

CRANBERRIES.

Pick over and wash one large quart of cranberries, and put

into a preserve-kettle with a half-cup of good molasses and one cup of cold water, and boil till they begin to pop open, or about ten minutes. If boiled long, the skins become tough. The longer they are cooked, the poorer they are, unless sifted.

NUMBER TWO.

One quart of cranberries, a pint of cold water, and cook them about ten minutes. When done, add a half-cup of sugar.

MARMALADE.

Boil two quarts of cranberries in a quart of water thirty minutes, and sift them. Add a pint of sugar; cook five minutes, and pour into glasses previously warmed in water. The longer it is kept, the harder it becomes.

CURRANTS.

Currants will do to use as soon as turned red, but are better to remain on the bushes till the leaves have dropped off, as this allows the sun to ripen them. Always wash them on the stems before picking over, as there is always dust on them, and sometimes poisons used on the vines to destroy the insects; and, if washed on the stems, neither of these things can be washed inside of the fruit. The juice of currants makes a nice and refreshing drink, especially for sick persons. After the fruit is washed, press it through a jelly-bag; heat the juice to boiling; bottle and seal. When used, mix it with sugar and water.

JAM.

Twelve cups of currants, three cups of sugar, and one cup of cold water. Begin to bottle as soon as they begin to boil. This makes a nice preserve to eat with meats.

NUMBER TWO.

Put a pound of sugar with two pounds of currants, and boil from ten to twenty minutes.

NUMBER THREE.

Two pounds of currants, a pound and a half of sugar, but no water. Boil twenty minutes, and bottle.

JELLY.

Wash the currants, but not pick them from the stems; put them into a jelly-bag, and press out the juice. To each pint of juice add a pound (or two cups) of sugar, and boil all about twenty minutes; then strain into moulds or jelly-glasses. Melted butter, poured over the top of the jelly after it becomes cold, preserves it well. Some persons do not boil this jelly, but prepare it as above, and set it in an oven a short time, or in the sunlight for several days.

DATES.

Dates are an excellent remedy for constipated bowels, as well as a very agreeable fruit. They are better to eat as usually sold than to be made into a sauce. They do not present an inviting appearance; but they should be separated and washed before being carried to the table, and their appearance is much improved. Remove the stones before children eat this fruit.

EGG-PLANT.

The egg-plant is better when preserved than cooked in any other way. Pare it, cut in slices, and quarter them; or cut in fanciful shapes if preferred. To a large quart of the prepared fruit add half a cup of sugar, a saltspoon of salt, one cup of cold water, a large spoon of lemon-juice, and boil from three-fourths of an hour to an hour, or till soft. Can and seal.

FRUIT.

The best time to eat fruit is in the season of it, when it is in perfection, and needs little or no sugar to help it; and it should always be ripe and fresh when used. There is no kind of food which children like so well as fruit; and it is a most erroneous notion that it injures them. The want of it tempts many boys to take it wherever they find it; and perhaps their

parents are more to be blamed for withholding it than they are for taking it. Few men are so poor that they cannot own a few fruit-trees and a spot of ground on which to grow them; and, if they cannot own land and trees, fruit is much cheaper than tobacco and alcohol. The men who provide plenty of fruit for their children are usually the ones who do not spend money in tobacco and other hurtful indulgences.

There is one caution in eating fruit; and children should be compelled to heed it. They should be forbidden to eat the parings, as herein lies all the injury which fruit is capable of doing. The skin of a peach is not much better to eat than flannel would be. Delicate fruits are nearly all water, and require a covering thick and stout enough to protect the rich interior. Children should be taught to notice the difference, and leave the pig's share for him. All fruit should be pared for them till they are old enough to pare it for themselves. If fruit is set on the breakfast and dinner table, children will most likely get satisfied with it before bedtime; at which time they need but little food. It would be an excellent plan to have it for breakfast and dinner all the year, each kind in its season: not so much meat would be eaten, and better health would result. We cannot say too much in favor of giving children all the fruit they want: if it costs more than bread, it saves doctors' bills. Ripe fruit will cure a teething diarrhœa without aid; at least, as much as it ought to be cured. It is about all the medicine needed in most cases.

GOOSEBERRIES.

There are two kinds of gooseberries, one of which is covered with thorns a fourth of an inch in length. They are of little use unless stewed and sifted. The large varieties of the smooth kind are very nice without cooking, being almost or quite as good as the best plums. A glass dish of them, well picked and washed, is an ornament to the table.

JAM.

Pick over two pounds of ripe gooseberries, and put with

them, in a kettle, two pounds of sugar and a few drops of water to prevent burning. Boil about twenty minutes; can and seal.

JELLY.

Boil the berries twenty minutes in a little water, and drain through a jelly-bag. To one small pint of juice add a pound of sugar. Boil twenty minutes longer, and strain into jelly-glasses.

GRAPES.

Grapes are very wholesome as food, and also very beautiful, in their large clusters, as table-ornaments.

JAM.

One large quart of Isabella or other good grapes, one cup of sugar, one cup of cold water. Boil from five to ten minutes; bottle and seal. Or use a small pint and a half of grapes, two cups of sugar, and one cup of cold water; and, as soon as it has boiled two or three minutes, bottle and seal.

JELLY.

Wash grapes, and put into a preserve-kettle, with cold water enough to cover the bottom of the kettle; stew ten minutes, sift, and add to it one-half its measure of sugar. Boil twenty minutes, and put in glasses.

HONEY.

First get the honey, which will be somewhat difficult for those who do not keep bees. To remove the honey from the wax, or honeycomb, put both into a clean bag made for the purpose, and washed; and hang the bag from the ceiling of the attic or some unused room, having a firkin under the bag to catch the honey as it drains out. Some persons who cannot eat raw honey bring it to a boil over the fire, and firkin it for use. It becomes candied with sugar if long kept. Water is put with the refuse in the bag; and a drink called "methe-glin" is made by boiling and straining it. The wax remaining in the bag is boiled, and allowed to cool in a tub of cold water.

HUCKLEBERRIES.

Huckleberries are a very wholesome fruit; and children should be allowed to eat all they want of them. Especially do children need them when teething; and, instead of injuring the bowels, they benefit them, and check a diarrhœa all it should be checked. They usually prefer them raw; and many persons prefer them so, with a little sugar. They do not last long; and we should live on them as much as possible while they do last. They are very good boiled a few minutes with one-fourth as much good molasses, in measure, as berries, either for immediate use or for bottling. They may be preserved with little labor by putting them raw into a bottle, filling the bottle with boiling water, and sealing them up. Done in this way, they keep well, and make good pies. Another way is to boil three large quarts of berries with a cup of cold water ten minutes: this fills a jar holding two quarts, and should be sealed. Or sugar may be added while boiling, in the proportion of one cup to four or five cups of berries. Then it will be ready, when opened, to eat with bread, or for pies.

JELLIES.

Jellies, to be clear, should have the juice of the fruit drained instead of pressed out; and, to be stiff, as little water as possible should be used; and allow one pound (or pint) of sugar to one pint of juice, and boil till it becomes jelly, taking care it does not burn; then wet the tumblers in hot water, drain, and they are ready to receive the jelly. Most persons would prefer it with more water, and less sugar, for immediate use; but it would be thin, and would not keep long unless bottled. Jellies are sometimes dried in the sun several days, or even weeks, after being made. Some manufacturers of jellies, it is said, make all kinds from apples, and flavor it to suit the name, probably with strong acids best known to chemists.

LEMONS.

There is no nicer flavor for a multitude of articles than lemon; but it should not be put into every dish. Those who

would have a pure and safe article had better prepare it for themselves. Lemons are cheapest and most plentiful in January and a few weeks or months following. Those which are on sale the last half of the year are inferior in quality, though superior in price, to those arriving in the winter and spring. The best way is to buy as many as needed for a year's stock in the family when they are plenty and cheap, as the juice, when pressed out, will keep a long time, — some say for years. There is frequently dirt in the pits of the skin, which requires a stiff brush to remove: it would be best to keep one for that and other uses in cooking. Brush, wash, and wipe the lemons, and grate off the yellow part of the rind, allowing none of the white to go with it, as it is bitter. After cutting the lemon in two or three pieces, press out the juice with a lemon-press, and throw the refuse into a little clean cold water. When all are pressed, press them a second time, and save this liquid for immediate use as lemonade, and throw away the refuse. The average quantity of juice is two large spoonfuls to each lemon. Put this with the grated rind into a pickle-bottle or a pitcher, with two large spoons of sugar to each lemon. The most of the grated rind may be spooned off and kept in a bottle by itself to flavor pies, puddings, sauces, and cake; but a little of it should be left on the juice, as it helps to preserve it. When wanted for lemonade, stir it up well, and a teaspoon or two of it with water will make a glass of nice lemonade. For a pie, stir it up, and use four large spoons of the juice, together with a teaspoon of the grated rind: this is equal to one lemon.

MAPLE-SAP.

Maple sap or molasses is almost or quite as nice as honey, unless adulterated with cheap Southern molasses, as is sometimes the case. The best substitute for the real article is to purchase maple-sugar which is cooled and sold in firkins. Put some of it in a preserve-kettle with a very little water, let it boil, and it is ready for use, unless it needs straining, which probably it will. There is a great difference in the qualities of maple-sugar, some being dark, and not particularly clean,

as it is made in iron kettles used for other purposes. Some, if not all, of that which has a light color, is made and cooled in copper and zinc vessels; so that it is quite as safe to eat the dark kinds as the light.

MEDLEY.

When there is a small quantity in each of several kinds of fruit, a very good sauce may be made by mixing them together. Green gooseberries, ripe currants, strawberries, and cherries, with nearly or quite one-half the measure of sugar and a little water, make a good preserve, either to seal up or for present use.

ORANGES.

Oranges are much better to eat raw than cooked; but they may be preserved, if wanted. Take the rinds from four oranges, and quarter them; put them in a preserve-kettle with a cup of cold water, and a teaspoon of sugar to each orange; boil fifteen or twenty minutes; bottle and seal. Oranges peeled, divided, and set on the table with sugar on them, are an agreeable as well as wholesome food.

PEACHES.

This fruit is nice with bread, when pared, sliced, and sugared. Ripe peaches are much better to preserve than green ones. First wash and wipe them; pare the skin off, but leave the stones in if wanted so. To four large quarts of them put two cups of the best molasses, one cup of cold water, and boil till soft, but not broken. A cover keeps the steam in; and this cooks the top as fast as those at the bottom cook. As soon as done, bottle and seal.

NUMBER TWO.

Four quarts prepared as before, one cup of sugar, and a cup of cold water.

NUMBER THREE.

Pare them, and take out the stones by cutting the peaches in halves. To one quart of the prepared fruit put one large spoon of sugar and a little water; and, as soon as they boil, bottle and seal. They are very nice done so, if the fruit is ripe.

NUMBER FOUR.

Four quarts of pared peaches with the stones in, one to two cups of sugar (or one cup of sugar and half a cup of molasses), and one cup of cold water. Boil, bottle, and seal.

PEARS.

The natural fruit of the pear-tree is usually small, hard, and sour; but it is an excellent preserve when boiled. Wash and quarter eighteen quarts of them, and add four quarts of good molasses and two quarts of water. Boil till soft; can and seal. Or pare, but not quarter, them, and do in the same way. These small hard pears are excellent for sauce if dried. Pare, quarter, and dry them in the sun as apples are dried. They will keep years; and, when wanted for use, soak them a while in cold water, and boil them in the same water. Some small native pears are so puckery, that they cannot be used in any other way; but, when dried, they lose their disagreeable qualities, and are really valuable.

NUMBER TWO.

Wash whole sound pears, and fill a baking-pan with them; then put in sufficient cold water and molasses, in equal quantities, to half cover them, and bake till soft. Eat them while warm, if wanted.

NUMBER THREE.

A syrup may be made of pears. Pare and quarter twelve pounds of ripe Bartlett pears, and put with them, in a kettle, two pounds of pure maple-sugar. Boil till soft, drain through a jelly-bag, and bring to a boil once. Bottle and seal. The pears remaining are good for present use.

NUMBER FOUR.

Pears are nice made in a sweet pickle, as it is called. To nine pounds of the pared and quartered fruit add three pounds of sugar, a half-pint of good vinegar, a large spoon of whole cloves or a teaspoon of ground cloves, and three or four cups

of water. A handful of ripe plum-tomatoes to each quart of pears improves the whole.

NUMBER FIVE.

Here is another sweet pickle, made without the trouble of weighing the fruit. Four quarts of pared and quartered pears, one cup of sugar, a saltspoon of salt, the juice and grated rind of one lemon, or two large spoons of vinegar, one teaspoon of ground cloves, and two cups of cold water. Boil till soft; can and seal.

PINE-APPLE.

Pine-apple is better raw than cooked. When sliced, and set away in sugar, it is not as nice as cut fresh when used. It may be preserved by using one-half its weight of sugar, and boiling a few minutes: it should then be bottled.

PLUMS.

A pound and a half of Damson plums, a half-pound of sugar, and half a cup of cold water. Boil five minutes or less; bottle and seal.

NUMBER TWO.

Two small quarts of plums, two cups (or one pound) of sugar, a saltspoon of salt, and a cup of cold water. Boil five minutes; bottle and seal.

PRUNES.

Prunes need a great deal of washing. Boil them in an equal measure of water, cold at first, thirty minutes, and then add a little sugar. If not for present use, bottle and seal.

QUINCES.

Quinces are not ripe till they become yellow; and this will not be before the last of October. First cut out the blossom without cutting the fruit at all; then wash them, and wipe on a clean dish-towel; pare, quarter, and core them, cutting rather deep, as the core is very hard unless cooked a very long time.

Weigh the prepared fruit, and weigh an equal weight of sugar, putting it near by for use when wanted. It must be remembered that a slow fire is better for this fruit, as violent boiling will cause it to break before it is cooked enough, or it might burn to the kettle. Boil two pounds and a half of prepared fruit in a large quart of cold water thirty minutes; then add a saltspoon of salt, two pounds and a half of sugar, and boil slowly one hour longer. Done in this way, the quince is soft, but not broken, red and handsome, and as nice as any preserve need be. Bottle and seal; but leave it in a warm room till cold, or the glass will break.

JELLY.

Prepare a half-peck of quinces as before directed; weigh and boil one half of them in one large quart of water, cold at first, thirty to forty-five minutes; take them out carefully with a fork, and lay them on a platter; put the other half of the quinces in the juice; and, if it boils away too much, add a pint of cold water, and boil like the others. If a porcelain kettle is used, probably the juice will have to be emptied out, and the kettle washed, or the second lot will burn to the bottom of it. When boiled the same length of time as the first lot, take them out, measure the juice, and to one large pint of it put one pound of the sugar, Boil twenty minutes or more, and put it in glasses. This will be a beautiful red jelly.

Boil the parings and cores, if clean, in one large pint of water, cold at first, thirty minutes; drain through a jelly-bag; and to one large pint of juice add one pound of other sugar than that already weighed. Boil twenty minutes or more, and put into glasses. This jelly is usually yellow. The juices from the fruit and from the cores and rinds may be mixed; but the jelly will not be of quite so deep a red. There is nothing so good for a cough, which keeps children awake nights in winter, as this jelly; and a good stock of it should be prepared ready for use. The gum in the cores stops that tickling in the throat which often accompanies a cough.

Boil the parings again in another large pint of water as be-

fore, and press all through a jelly-bag, getting out all the juice. Take this juice, together with the quinces, and put into the preserve-kettle, with a large pint of cold water and the remainder of the sugar (some having been taken out for the first jelly), also a saltspoon of salt; and boil long enough to make an hour and a half that the quinces have boiled; then bottle and seal.

MARMALADE.

Pare and quarter as directed in the first paragraph, and boil first without the sugar, as they soften quicker so. Put three pounds of quinces in a kettle with one large quart of cold water, and boil slowly three-fourths of an hour; then add three pounds of sugar, and boil all one hour and a fourth, or till all are soft enough to mash fine with a spoon; mash or sift them, and pack in glasses. If the water boils away too much, put in a little: if there is too much, boil it away.

Many persons would prefer this kind of preserve not so sweet; and three-fourths of a pound of sugar to one pound of prepared fruit would be sufficient if bottled. Sometimes an equal quantity of sweet apples is cooked with the quinces, and can hardly be detected as a substitute, tasting much like quince. In this case, the same quantity of sugar is used as without the apple; but perhaps a little more water would be needed if the apples were not juicy. Quinces are sometimes baked, and eaten with sugar.

RASPBERRIES.

The raspberry is so sweet a fruit, that it needs no sugar when eaten raw, and not so much to preserve it as other fruit. Pick over a pound of ripe red raspberries, and put into a preserve-kettle with half a pound of sugar. Let it simmer an hour or less; and put it into glasses, as it keeps well without sealing. Boiled with less sugar and a little water, it would be a nice preserve, and keep well if bottled.

RHUBARB.

Rhubarb-jelly is an excellent remedy for what is called the summer-complaint. People do not use as much of this excel-

lent plant as health requires, — probably because it takes considerable sugar to make it agreeable; but the same persons who think they cannot afford this delightful spring medicine provided by Nature are the very ones who pay physicians the most money to drug them. Every one to his or her taste. First wash the stalks (the leaves are poisonous, and never should be used); peel, and cut them fine; put them into a preserve-kettle with water enough to cover the bottom of the kettle; stew it till soft, and press the juice through a jelly-bag. To one small pint of juice add one pound (or two cups) of sugar. Boil twenty or thirty minutes, and put into glasses.

STRAWBERRIES.

Strawberries, if ripe, are as nice raw as any way: they may be sprinkled with sugar, and set away a few hours. Usually they are carried to market before fully ripe, and require almost as much sugar to make them eatable as rhubarb does. Cover the bottom of the preserve-kettle with water, and put one-half or three-fourths of a cup of sugar to two cups of strawberries. Let them boil only one or two minutes. Bottle and seal.

SWEET PICKLES.

Almost any kind of fruit may be preserved in this way: To nine pounds of prepared fruit put three pounds of sugar, from one to two cups of vinegar (or use lemons instead), a large spoon of whole cloves or a teaspoon of ground ones, and water sufficient to can. Boil till soft; can and seal.

TOMATOES.

Tastes differ much in regard to the preparation of this fruit or vegetable; yet all who like it agree that it is a most wholesome article of diet. It is said, that, when eaten, it produces all the benefit, without the injury, that calomel does.

Pour boiling water over the tomatoes in a pan, and let them remain in it just one minute to loosen the skins. Pour off the water, and peel them with a sharp shoe-knife, which will do it without taking off the entire circumference of the fruit. Set

them on the table in a glass dish, and let all season for themselves.

Those persons who like them boiled from three to five hours should cook them so; but they lose their freshness by being so long cooked. It is better to peel, and stew them only fifteen minutes, then bottle and seal; or sift them, heat again, and bottle.

Another way to preserve them is to wash and sift the ripe, raw tomatoes through a tin sieve; heat it till it boils; bottle and seal.

Still another way is to scald, peel, and put them whole in a can; shake them down well, fill the can full of boiling water, and seal. Some persons like them made into a sweet pickle. For directions, see the preceding recipe.

TOMATO-FIGS.

Remove the skins of tomatoes; weigh, and put them in a stone jar with an equal weight of sugar, allowing them to remain two days; then pour off the syrup, and boil and skim it until no scum rises. Pour this syrup over the tomatoes, and let them remain in it two days as before. Then pour off the syrup, boil, and skim it again, pouring it over the tomatoes to remain another two days. After the third time, they are fit to dry; and, if the weather is suitable, spread them on earthen plates or clean smooth boards, and dry them in the sun; but, if the weather is not favorable, let them remain in the syrup till it is. When thoroughly dried, pack them in wooden boxes or in tumblers. The syrup need not be wasted, as it is excellent to sweeten mince-pie meat; or fresh tomatoes may be preserved in it.

DRINKS AND LIQUIDS.

"What shall we eat?" or, "What shall we drink?" have become more serious questions than they once were; for nearly every article of food and drink is more or less mixed with poisonous substances. No one of sense now doubts that all liquors

sold are adulterated, or mixed with poison. Sometimes we read in the newspapers of boys dying almost instantly by drinking a glass of whiskey. An advocate of moderate drinking would say it was because boys are unused to it; and this might seem somewhat of a reason for it: but we also read, occasionally, of men dying instantly from the same cause. Ale, light wines, and tobacco are said to cause delirium tremens even when used moderately. He who has lost control of himself by the use of alcoholic beverages, should, sooner than the otherwise insane, be placed in an asylum, and treated as a sick person. If taken in season, it is probable that nearly all might be cured. It is estimated, that, in this country, sixty thousand persons annually die the victims of intemperance. Dr. Cuyler says, "Intemperance never will be checked until the members of Christ's church all feel that they are also members of Christ's great temperance society. What a burlesque it is to style that church organization the 'salt of the earth' which has a trimmer in its pulpit, and tipplers in its pews!"

Not till the church of Christ gives up celebrating what they call his supper with intoxicating poison will its male members give it up in private. Many a deacon finds its allurements too strong for him. Pious drinkers are constantly reminding us of the miracle at the wedding in Cana. But what of it? They never tasted that wine; and certainly there is no miracle in wine-making now. On the first reading of it, it would seem that those Jews were so addicted to wine-drinking, that they had forgotten how water tasted; but as the governor of the feast was delighted with it, and pronounced it good wine, it was probably some heavenly drink, before and since unknown to mortals, as we do not read that anybody was intoxicated at that wedding. He who preached the new and strange doctrine of unselfishness, and died that others might live, would not and could not make such vile stuff as is now called wine. He did not think so much more of man's animal than his spiritual nature as to make wine merely to gratify the appetite: he had a higher object in view, — to catch the attention by a miracle that the lowest could appreciate, in order to get a hearing,

when the time came, for those sublime mysteries he came to teach.

In view of these facts, no recipes are here given for making any thing, which, even in its purest state, works only evil, and that continually.

COFFEE.

Coffee may have its uses; but one of them certainly is not as a daily drink. It may be useful in some diseases, as a restorative when others fail, as a cure for poisoning, or in war, just before a battle, when some need a stimulant. Persons who use it constantly cannot live as long as they would without it; for it keeps one constantly excited and restless.

The best variety of coffee, so considered, is that called Mocha, "but seldom seen in America or Europe;" Java comes next; then Jamaica and Brazilian. Much depends on making it. It should be roasted in an oven till browned, not burned, through; and, when cold, it should be kept in a tight box. It never should be ground before it is time to make it; and then a pot should be used which retains all the steam, as through this the most delicate part of it escapes, if allowed to. Tin is the best material in use for a coffee-pot; and no copper nor pewter vessels should be used in making it. It never should be made more than ten minutes before being used, and should steep, or boil slowly, about this length of time. Have a strainer for the pot; and, whatever kind of coffee is used, it is much improved with the addition of thick cream. Some prefer the milk and sugar boiled with it; others, equally good judges of good things, prefer them separate. Prepared coffee is unsafe to use as whole families have been poisoned by drinking adulterated coffee. The cheapest kind that is ground ready for sale is made largely from the crusts of bread which immigrants have remaining when they arrive in this country: it should be remembered that their facilities for bathing on board ship are not very good.

Nearly all ground coffee is adulterated; and many kinds of articles are used, some of them being poisonous, and others of

a harmless but worthless nature. It is said that at least eighteen different articles have been used; and among them are sawdust, oak-bark, baked horse-liver, and Venetian red, — a dark-colored pigment.

TEA.

Tea-chests are always lined with lead; and for this reason, if for no other, its use should be abandoned. The best tea is, like coffee, semi-intoxicating: if this is doubted, notice how it loosens the tongues at a "party" which were comparatively silent before: one would think Babel had come again. But even the best we get in this country would hardly suit a Chinaman. It has been asserted by those who ought to know, that no tea ever leaves China till the native has had the first use of it by pouring hot water over it, and drinking it. It is fortunate for American young women who drink tea that the Chinaman does so, as what remains of strength in it is sufficient to turn the finest complexion yellow. The leaves are then dried, and sold to foreigners: but it is also asserted that the English, not satisfied with this, after making it on the table somewhat after the Chinese fashion, dry the leaves, color them, and then it is sent to Jonathan as good enough for his family; and the unsuspecting American housekeeper boils and boils it to get a little "strength" out of it, till, after a half-hour's boiling, it is carried to the table, and called tea. It does not appear certain whether green tea is colored artificially, or whether it is a different species of the tea-shrub; but it is generally considered superior in taste to black tea. There are several grades of black tea sold in this country; but very few of them are inviting to the taste. The most of it is of very poor quality, although the price is large enough. Good tea should be made in a clean pot, tin, if not rusty, and boiled once, or at most only one minute, and served immediately. Such tea as the most we have can be boiled any length of time, and is not inviting, whether cooked much or little. A better drink for daily use than either tea or coffee — and it need not cause a smile — is hot water, tempered agreeably with cream

or milk, and sweetened with sugar. Certainly children never should drink any thing stronger: or rather they should not drink any thing stimulating; for, if they do, it is hard to govern them. Milk is the best drink for them in summer; and chocolate, if they like it, in winter. Here is an extract from a newspaper: —

"A child in New York, aged two years and eleven months, being left alone for a short time in a room, and the teapot being easily accessible, drank a quantity of the tea, and died in a few hours. A verdict in accordance with the facts was rendered."

CHOCOLATE.

This subject opens more pleasantly, as chocolate is not at all stimulating, while it is very nourishing, and is equally suitable for children — even those six months of age — as for adults. "Cocoa-nibs" are said to be the purest state in which we can get cocoa here. If we had hand-mills powerful enough to grind them, we could have a pure drink. Some manufacturers of chocolate adulterate the cocoa with a great deal of flour: this would make it too hard, so lard is added to soften it; then it is too light-colored, and it is colored with ochre.

Baker's chocolate is supposed to be the best made in this region, and as pure as any. Directions are given on each package for making it; but the quantity of milk, sugar, and chocolate, may be varied to suit tastes. It should not boil long; and, as soon as it rises to the top of the kettle or saucepan, pour it in the urn, and serve. It is not good boiled without the milk and sugar, neither is it as good heated a second time.

It is said to be the national beverage of both Spain and Italy. It should be of the United States, as the inhabitants need it more than do any other people.

For infants of six months and upwards, make it as follows: Boil one cup of good milk with one cup of water; add a heaped teaspoon of Baker's chocolate, scraped fine, and three teaspoons of sugar. Boil one to three minutes, and add enough cold milk to make it milk-warm.

LEMONADE.

This is a wholesome and an excellent drink; unlike fermented drinks, it satisfies thirst, and would be an efficient help in curing the intemperate. Such would do well to have a bottle of lemon-juice, prepared as directed in preserves, always on the table: one large spoon of it makes an agreeable glass of lemonade. When the fruit is used, one lemon, with two large spoons of sugar, makes a quart of lemonade with water. A little of the grated rind is good in it, if the lemon was washed first; but the skin, or white part, never should be allowed in it, as it is bitter. If lemons *must* swim around in it, put in whole ones, as they will not injure, but improve, the flavor. Some have strawberries floating around; and others use the juice only of this berry. Currant-juice would give it a fine color.

ICE-WATER.

This is harmless, unless the person is over-heated by exercise: in that case, warm drinks are best. Water running through lead-pipes contains particles of lead; and these are poison. Galvanized pipes are no better: deaths have resulted from using water passing through them. Copper is no better. Neither lead, copper, zinc, nor any other poisonous metal, should ever be allowed in wells, cisterns, or reservoirs. People should refuse to drink such water, as there is no excuse for using it. Hard water is considered best for drink, as there are ingredients in it which the human system needs to conduce to strength. Those who habitually use hard water are said to be superior in strength and endurance to those who use only rain or soft water. Agreeable drinks may be made by mixing the juice of acid fruits with water and a little sugar.

VINEGAR.

No vinegar is fit to be used but that made from cider; and there is nothing hurtful in this. Three or four years are required to make good strong vinegar from cider; and the fruit-grower should have a room devoted to its use, where it will be free from dirt and odors. A cellar will not always be

the best place; but it must be kept where it will not freeze, as freezing injures it. When it is made, it should be bottled and labelled, or put into clean casks, as, the more the air comes to it, the sourer it becomes. "The Scientific American" says, that, in manufacturing vinegar, "sulphuric, nitric, and hydrocloric acids are all used; though sulphuric acid, as the cheapest and sourest thing that can be found, is chiefly used. This, however, is very destructive to pickles and whatever is placed in it for preservation, and very injurious to the health of those who use the vinegar made of it. A gallon of the stuff called vinegar can be made, for a cent or two, from sulphuric acid and water, with some coloring-matter."

SOAP.

The best potash is light-colored, and not rusty in appearance. Dissolve twenty-five pounds of it in boiling water; melt seventeen pounds of grease with it; and add water, hot or cold, sufficient to make a barrel or more of soap, stirring it daily from the bottom till it is made. Rinds may be cleaned by boiling them in potash-water, such as they are kept in through the summer.

HARD SOAP.

The best hard soap is made of palm-oil and refined soda, and is unscented: this is better for the skin than any other soap. Sapolio, or sand-soap, is better than any other for cleaning old paint, as it removes pencil-marks and all other dirt. Common hard soap, as made by manufacturers, costs about a cent a pound; and much may be saved by making it at home. The only objection to it is its tendency to boil over unless watched constantly, making extra work to clean up. A large wash-boiler should be used for boiling it. To each pound of unslacked rock-lime use two pounds of sal-soda. Boil the sal-soda in water, measuring it; and have a gallon of water to each pound, also a gallon of cold water to each pound of lime: either mix them after they are dissolved separately, and let them settle, or boil all together fifteen minutes, and then allow it to cool and settle. The liquid will be a strong

lye for soap-making. Nearly fill the boiler with it, not using what settles; and add from two to four pounds of clear grease, and a fourth or a half pound of rosin. Boil all till thick as honey; then pour out, and, when cold, cut it in bars. If, after boiling many hours, it will not become soap, add salt till it will. Remove the soap, and put the liquid remaining into the barrel of soft soap, as a little rosin improves that. As the lye boils away, if the soap does not come, add more from time to time.

WASHING.

Wash-day has an unpleasant reputation, and is a dreaded day in many homes. Where the women of the house are sufficiently numerous, have strength equal to the task, and choose to wash, it may be made as agreeable as any other day; but few American women have any strength beyond the requirements of fashionable life. Those who are obliged to depend on the uncertain visits of professional washers have one vexation which Job did not; and, when they do arrive at the appointed time, they require almost constant attention, as most of them wash the cleanest and finest clothing last. A luncheon must be provided; also dinner: and, towards night, the washing is done.

A laundry is needed in every village; but it is difficult to find persons competent and willing to superintend even the few now in operation. They would be profitable to their owners if washing was done at two cents for each article; and this is as much as it is worth. At this price, most persons would send clothes to the laundry rather than have so much trouble as is now endured to get washing done. The laundry should have a washing-machine worked by steam; and thousands of articles could be washed in a day by it. The numerous washing-machines worked by hand are all worthless, as it requires more strength to operate one of them than it does to wash the clothes; and, after all that the machine can do, the clothes still need rubbing, as no more dirt is removed by the machine than soaking all night will do, and the knowing venders usually recommend this. Some of the less knowing

ones recommend filling the machine with soiled clothes and boiling water, at which any knowing housekeeper would only smile.

Soft water should be provided for white clothes, and hard for colored ones. Fill the boiler, which should be of copper, unless a bag is provided to boil the clothes in, with rain-water, have plenty of fire, and prepare things generally. The hardest part of washing is lifting the water into and out of the tubs and boiler; and most women would find themselves able to wash, were they provided with set tubs and boiler with faucets. The first cost is not as much as years of hired labor. A wringer should be provided; and Bailey's is the best as yet made, as it may be kept on a bench, with a tub each side of it, and used to wring from either one. It should be oiled often; and a mixture of fresh lard and rosin is recommended by some for such purposes. White clothes should be soaked all night in one or both of these tubs, as, by so doing, three-fourths of the labor of rubbing is avoided. They should be put into neither cold nor hot water; but it should be strong suds of a temperature agreeable to the hands: if too hot, it fastens the dirt where it is, besides making the hands very red if kept long in it. In the morning, run them through the wringer, and sort them, washing the best first. Delicate articles do not need soaking, but should be rubbed, without a board, in clean water, before any thing else is washed. Some persons throw soiled clothes on the floor, and walk over them; thus adding much to the labor of washing. One or two other large tubs are needed, one of medium size to carry clothes in from the boiler, and a small one. The tubs near the wringer should be used to rinse, and the other two large ones to wash and rinse before boiling. Handkerchiefs should be boiled among the first things, but are not fit to be washed with other clothes: wash them in the smallest tub, in water without soap; and then they may be put in the large tub, and finished. Infants' squares should be kept dry, not soaking a week as some have them. Rinse in cold water, rinse again in another water, and wash in warm suds: not much rubbing is needed, as the stains

will not wash, but will boil out. Children's white sacks and drawers need soaking, if the children play as they ought to; and if any wheel-grease is on them, or any other articles, rub on fresh lard before they are wet, and wash it out in *cold* water, using lard instead of soap till it is removed. When all these things are done, washing may commence.

Clothes will bleach nicely on snow or on grass; but must not lie many days, as they will become mildewed in summer, and rot in winter. They usually need rinsing or washing afterwards. Dirty clothes, if wet or damp, will mildew in a few hours during hot weather, and should be hung up to dry in the wash-room before piling them in a basket.

The boiler should contain cold water when the clothes are put in, with plenty of soap; and, as soon as it boils, carry the clothes to the first rinsing-tub, remove all the suds, and wring into the other rinsing-tub; rinse again; alter the reversible board of the wringer, wring out, and hang to dry. The pins and line should be kept in a large stout bag in the wash-room. It is well to have the iron handles of tubs wound with strips of cloth, as clothes get turned out over them usually. The wooden handles on old tubs are preferable to those made now. A wooden dipper should be used instead of a tin one, as too much mixing of things should be avoided, and a tin one rusts the clothes. The best washers empty the boiler after each boiling, and fill it with clean cold water.

FLANNELS.

Soap does not shrink flannel as much, if at all, as some people suppose. It is perspiration when being worn, and hard rubbing when being washed, that fulls them. No wash-board should ever be allowed near them; and very hot water turns them yellow. Wash white flannels in perfectly clean warm water and soft soap, if not too strong; rinse in clean warm water; pull in both directions; and hang out to dry immediately. Clothes dried near the fire never appear well, as the wind is needed to blow the moisture and suds from them. Colored flannels should be washed in the same way.

Children's flannels should always be washed before being worn, as poisonous acids are used by the manufacturers in cleansing wool; and it never should be worn next the skin till washed thoroughly. Infants' flannels may be washed in the piece, and embroidered afterwards, unless embroidery is of more importance to the mother than the child is. No blueing should ever be put in any clothes, as it is not fit to come in contact with the skin: if clothing is clean and dry, that is sufficient. Dissolve a half-cup of strong soft soap in two cups of boiling water; let it remain till lukewarm; place the new flannel in it to soak a few minutes, or till all is wet, and press it between the hands several times; wash it in clean lukewarm water, and rinse in more of the same temperature. Flannel washed in this way appears nice, and is easily done, the whole occupying not many minutes. Pull it out both ways, and hang out to dry. Blankets, new or old, should be washed same as flannels.

GINGHAMS AND PRINTS.

Ginghams and calicoes, especially black ones, should be washed in hard water, as near cold as agreeable to the washer. A handful of salt or a small piece of lime in the water hardens it, and prevents the loss of color in the cloth. Summer dresses should be washed in the fall, but need not be ironed, as the stains, if remaining all winter, are hard to remove.

SILKS.

Some silks may be washed to appear as well as before washing; and it is best to try a small piece first, before washing a dress. Rip it in pieces like thibet; make a suds of hard soap, and hard, warm water, in which to wash it; and rinse in clean, hard, cold water. Hang it in a windy place to dry, and iron it on the under-side (unless it is to be turned when made up) before it is perfectly dry. It does not do to sprinkle colored garments, if there is the least tendency in the colors to wash out: the irons should be heated ready to iron such garments before they are dry. Gloves, whether of silk or cotton, should be put on the hands to be washed, and should be dried in the wind.

SPONGING CLOTH.

To sponge woollen cloth, in order to shrink it before it is made into garments, wet a sheet in cold water, spread the cloth on it, and roll them up together, letting them remain so all night; and, in the morning, hang the cloth out to dry. This is the tailor's mode of doing it.

THIBETS.

Thibet or all-wool dresses may be washed to appear as well as new till worn out. Rip the dress completely in pieces, washing one breadth at a time in suds made from hard soap and warm water, and rinsing it in one or two clean, warm waters. Hang it on a line where the wind blows; and when half dry, which will be in a very short time, be ready to iron it on the under-side, ironing a fold in the middle of each breadth. Children's thibets can be washed whole. Freezing injures the color of colored clothes, and improves white ones.

Men's wool clothing can be cleaned by brushing with soap, and wiping it off with a sponge wet in clean water.

CARPETS.

Woollen carpets may be washed as well as any thing else by ripping the breadths apart, and washing them in a tub same as any other dirty article: the expense is very small; and, if dried on a line in a windy day, the carpets will appear as well as new. They should be taken up and shaken once or twice a year, as nothing else will prevent moths ruining them with holes. Straw-carpets may be wiped over with a wet cloth; but no soap should be used, as it turns them yellow. Well treated, they last a long time on sleeping-rooms, and are not infested with insects. No soap, nor very hot water, should ever be used when washing painted carpets, as soap wears them out faster than use does; and it is not needed. They need not be taken up till worn out.

FEATHER-BEDS.

Old beds, especially those handed down from one generation to another, are not conducive to health: they may and should

be washed. A bathing-tub will hold all the feathers. Nearly fill it with clean, warm suds; empty the feather-bed into it; wash the feathers well; wring them out in the hands as dry as possible; and spread in a clean garret or room, to dry, on sheets. The tick should be washed, or a new one provided. Pillows and bolsters should be washed in the same way.

STAINS.

Iron-rust and most other stains may be removed from cotton or linen cloth by wetting them in a solution of oxalic acid; but as this is a strong poison, causing death when swallowed, the bottle should be labelled, and locked out of children's reach. Fill a small bottle with water, and put in oxalic acid till the water will dissolve no more. Wet the stain with a little of it, and rub till the stain is removed, rinsing it afterwards; or pour on some of the acid, and throw the garment into water, and boil it. Stains may be removed from buff and other prints, without injuring the colors, by holding the garment over a very hot flat-iron face, and pressing the juice of a lemon on the stain: it should then be washed. Sorrel and saleratus are each used to remove stains. Fresh lard or milk will remove many kinds of stains. Huckleberry-stains are removed by boiling, or by pouring on them boiling water. Some stains are removed by spreading soft soap on the garment if white, and laying it in the sun for several hours or days. Paint that has not been on long may be removed in this way; or, if washed as soon as got on, it will come out readily. Mud should be allowed to become dry if on a garment, and it may be brushed off easily. Grease and some stains may be removed from bed-ticks by applying fine magnesia, or chalk, and pinning a white paper over it. Ink may be taken from varnished furniture by rubbing the spots with pumice-soap, and wiping immediately with a wet cloth. When dry, rub with olive-oil on a cotton cloth. This does not injure varnish that is old and hard. "Indelible ink may be removed from cloth by moistening it with chloride of lime."

STARCHING.

All starch should first be dissolved in cold water. That which is called Poland starch, and is made from flour, will not thicken till it is boiled, and is the best kind for linen: it may be made in strength to suit the article. Potato-starch will thicken as soon as boiling water is poured on it, and is not improved by boiling. Starch made of flour and water should be boiled one minute; but the flour must first be dissolved in a little cold water, and then the boiling water added. This is used for common clothing. Practice is needed to iron starched linen well.

IRONING.

A dress-board should be provided for skirts, and kept in a bag longer than itself; also a bosom-board if needed, and a polishing-iron for linen. Flat-irons should be kept clean, and not allowed to rust. They should be used in succession when on the stove, as this saves fuel and time. There is no need of directions for ironing; for too much of it is done already. Time and strength are wasted in countless families by ironing clothing more than is necessary. Towels do not need any ironing, as they absorb more water without it; and a great many are needed in every family. Each member of a family should have a separate one, besides bathing-towels, and not use it too many times without washing. But, if there is too much ironing, there is far too little drying, of the clothes. Clothing that is worn every day need not be sprinkled, as a general rule. I believe the custom is only too common of putting away and wearing wet clothing; thus causing a vast amount of sickness, and numberless deaths.

Velvet may be ironed to appear well by wetting the creases on the wrong side, and rubbing the same on a hot iron. It should be brushed on the right side only with crape.

INSECTS.

Ants are very troublesome in some places. The legs of a chest containing food may rest in water, and the food will not be disturbed by them; or, where this is not practicable, wet a

sponge, sprinkle it with sugar, and, when full of ants, dispose of them.

There is no excuse for having bedbugs in the house, unless they are brought into it continually by persons in their trunks and clothing. They are often carried about by laying outside garments on a bed containing them. There is little, if any, doubt that they take disagreeable humors from persons having them, and impart them by their bite to the healthy; so that, after the bugs are removed, a breaking-out all over the body remains for a long time, perhaps for months. No patent poisons are needed to get rid of them, nor puttying nor painting. Examine the ticks and wash the bedsteads daily till they disappear. This is work; and so housekeepers try all other ways, but in vain. Some assert that they live in cracks of the floor and ceiling, and under paper; but they cannot live without food any more than other insects can, and do not leave the bed, as a general thing, unless compelled to.

Bee-hives should not be too near a house, as children are often stung by the bees. If the sting was broken off in the child, remove it, and apply spirits of camphor, or salt and cold water.

Crickets injure clothing if they get into a house, gnawing holes in garments.

Flies are pests in a house, and should be excluded by window and door nets, the latter to shut by springs. Fly poisons and papers should be abolished by law, as there is no safety where they are used. Flies alight on such paper, then on food or persons; or perhaps die, and drop into food. Flies breed enormously in swill and other filth; so that, to reduce their number as much as possible, such things should not be left open, but should be covered with ashes.

To have lice on plants does not indicate a want of neatness, but, as generally supposed, too much heat in a room. Some kinds may be washed off by fitting a pasteboard over the dirt, and immersing the tops of the plants in washing-suds. Other kinds have to be picked off, one at a time.

Millers produce moths, and should be shown the door as soon as they arrive.

Mosquitoes are not easily caught: window-nets are a sure protection where there are no careless persons, and afford more health and comfort than do bed-nets; but, if they are let in at the door, a slipper or a wet towel is the best weapon to use. Where admitted freely, children lose half their sleep by them, and are injured by abrupt wakings, causing fretfulness in the morning. They are a benefit to some persons, as all the depredations of bedbugs can be laid to the mosquitoes. Spirits of camphor is a good remedy for their bite.

It is a general but erroneous notion that moths can be kept out of wool and fur by packing them away either in tobacco, chips, or various patent remedies made to sell. Garments that are not put away, but kept where they are moved occasionally, never get moth-eaten. It is better to give nice furs to the children to play with than to pack them away. Much labor and money would be saved by letting winter garments lie around all summer. Moths love quiet, whether in furs or wool; and no wool carpet can be prepared so nicely underneath that moths will not eat the upper-side if not taken up for two or three years.

The bite of some spiders is poisonous; and camphor or salt should be applied. These insects are easily kept out, unless the house has vines growing on it, as they live in them.

Window-nets are needed till winter to keep wasps out of sleeping-rooms. Apply camphor or salt to their bite. It is said that a little carbolic acid sprinkled about will drive away insects.

RATS AND MICE.

Where rats and mice are poisoned, they get between partitions, and die, leaving sometimes a perpetual odor that is not pleasant, nor conducive to health; or fall into water-tanks, poisoning the water. Chloride of lime should be scattered around their haunts.

COOKING FOR THE SICK.

Sick persons need nourishing food; and, at the same time, it should be such as is easily digested. Soups made of lean

meat or poultry, and strained, are good; and beans or peas may be boiled with the meat. Directions are given under "Soups;" but they should be made according to the strength of the sick. Fresh eggs, when boiled, are good, but should only be boiled three minutes at most: raw ones would be better, if agreeable. Custards should be underdone, whether baked or steamed; but are better steamed, and never should have any spice in them. Steam them about three-fourths of an hour. Corn-starch custards may be allowed, or simply the corn-starch wet in cold water, and boiled one or two minutes, and eaten with sugar or milk, or both.

Nothing is better for sick persons, if they like it, than hasty-pudding and milk, especially for supper if accustomed to eat suppers. Rye-pudding with molasses is beneficial, and tends to loosen the bowels. Oatmeal-pudding with milk is very nourishing. Rice should be boiled very soft, and salted just right; that is, a teaspoon of salt to a large quart of water. Raw custards are excellent, especially for children when suffering from teething-diarrhœa. Bakers' bread and crackers are not fit for the sick, as they contain hurtful things, and little or no nourishment, while they clog the stomach uselessly. Water-toast is good: toast home bread, but not burn it; add a little salt, good butter, and boiling water to wet it; and, when every particle of it is soft, serve it to the sick. Hard toast and crusts increase a fever, if the patient has one; and, when able to eat bread, the crust should always be cut off, as it is too hard. Nothing is better than a plenty of ripe, nice berries, or fruit if pared. Even raw apples are eaten with relish by some when in a fever, although others might prefer to have them baked or boiled. Oranges, if not very sweet, are refreshing to a fever patient. Tomatoes are said to produce all the good results which calomel was formerly supposed to, without any of its direful effects.

Flour-gruel may be made of one cup of milk, a cup of water, half a teaspoon of salt; and, when these boil, add a large spoon of flour wet in cold water, and boil all about five minutes, stir-

ring constantly to prevent burning. Corn-meal may be used instead of flour. Or one large spoon of oatmeal, wet in cold milk or water, may be used; but the gruel needs to cook slowly a half-hour.

DRINKS.

Most persons, when sick, are very thirsty, and nothing will satisfy some but the coldest water; and they had better have it, if they cannot be induced to take warm drinks. But the old way of treating fever is better than the present, as cold drinks prolong a fever more than double the time it would last if the patient could be induced to take warm drinks. It is better to swab the mouth with a clean sponge wet in cold water than to swallow much cold water. Those drinks that stimulate, such as tea and coffee, do more harm than good; but hot water with milk and sugar in it is harmless and refreshing. Chocolate produces perspiration, and is nourishing: make it in richness according to the strength of the patient. Nursing-mothers sometimes want milk to drink, and should have it: so should children if they want it; but it should be boiled, and mixed with water and sugar, or given warm, if they have diarrhœa.

Lemonade is an excellent drink for the sick. Wash and press one lemon, leaving out the rind; add a quart of water, and two large spoons of sugar. The juice of currants mixed with water and sugar makes a pleasant drink; so does that of preserved barberries, or cranberries. A coffee may be made from browned crusts of bread that is very good. Pennyroyal-tea is excellent for children after taking cold, either to prevent a fever, or to relieve one; but great care should be used that the child does not get uncovered after taking it, and matters be made worse. Peppermint-tea, made from the herb, is good to warm the stomach if in pain either from diarrhœa or other causes. Saffron and sage are each used for tea in sickness. Alcoholic drinks never are needed in sickness, unless in extreme cases where nothing else will bring the patient back to life and health.

HEALTH AND SICKNESS.

A small closet, with lock, should be provided, wherein to keep medicines and chemicals which might poison or injure children if within their reach.

We have no law to restrain any man from calling himself a physician, and imposing on the afflicted: hence there is no redress if we employ them, and suffer. The proprietors of patent medicines grow rich by palming off their injurious drugs on the public; and the truthful epitaph on many a gravestone would be, "Died of Patent Medicines."

"While Thomas Jefferson was a resident of Paris, his daughter was seized with a typhus-fever, and an eminent physician sent for. He came, examined the patient, gave directions about nursing, and departed without giving or leaving any medicine. The same course was pursued on the second and third days; when Jefferson said, —

"'Doctor, you don't appear to be doing any thing for my daughter. What is the reason?'

"'The reason is, I wish to get her well. I had supposed you knew what my system of practice was.'

"'No: what is it?'

"'To have the most careful nursing, leave the disease to wear itself out, and let Nature do the rest, but give no medicine.'

"The result was, the daughter recovered with an uninjured constitution; and, for thirty years after, Jefferson followed the system of the French physician in his own family and among his slaves, taking them, as he himself said, through the worst fevers, and never losing a patient."

The French physician was not alone in his practice. A young physician in this country, of the "regular" sort, was about leaving home to pursue the study of surgery in Paris. His wife asked him what physician she should call in his absence, if their only child, an infant son, were sick. The father replied, "Let Nature take care of him, and call no physician."

Most persons are firm in the belief that they cannot recover from sickness without drugs; and, although they sometimes

recover when using them, oftener the recovery is only a lengthened sickness, which ends only with life. It is possible for the druggist or physician to hide almost any drug in pills; and it would be well never to take them, as calomel is not entirely out of use yet, and its effects are never recovered from. The best physicians give very little medicine, and no alcoholic liquors. One of the most intelligent in his profession said that he had had more fault found with him for not giving more medicine than for any other cause; but people are becoming better educated on this subject, and want less than they supposed was necessary a few years ago. Dr. Colleneth, a celebrated German physician, says, "For twenty-one years I have banished all intoxicants from my practice; and, during that period, I have not made fewer than a hundred and eighty thousand medical visits: and I hesitate not to say, that the recoveries have been more numerous and more rapid than they were during the five years I followed the usual practice, and administered brandy, wine, and beer."

A physician in whom his patients have confidence benefits them by his very presence and cheerful conversation: if they are sure that he can help them, much is accomplished. Hope is the best stimulant for the sick; and well persons should try to encourage it as much as possible in them. They should be cheered by reminding them that the world progresses, and that the best physicians are constantly learning, so that in this fact alone is much ground for hope, no matter what the disease may be.

So important do physicians consider good nursing, that they affirm that it is of little importance who the physician is, if the patient has a good nurse. But good nurses are seldom to be found: indeed, the profession is not crowded, either above or below. A false sentiment pervades society in regard to nurses: it has been considered improper for young, unmarried women to nurse the sick, especially in cases of births; but this is all false modesty, and nothing else. We have schools for girls of nearly all sorts but the right sort: there should be schools to educate young girls for this most important Chris-

tian duty. They are women, and should know how to take care of sick women and children.

The world has been humbugged long enough with the "old and experienced nurse" and her dilapidated notions: let us have something now not quite so old and experienced. The "experienced nurse" usually carries her drugs with her to soothe infants into an almost perpetual sleep. It is not natural for infants to sleep eighteen or twenty-four hours at a time, as I have seen them do; and, if they do so, it would be best for the mother to ascertain the cause immediately. In such cases, it is well to try a new nurse. If young women who have an intense desire to benefit the heathen, but find no opportunity of going to them, would turn their attention to sick Christians near home, they would find a large field for their benevolence, besides getting well paid for it. Why aspire to do men's work, if it happen to be light, when woman's proper work remains undone, with none to take her place?

The sick should have a pleasant, sunny room; and in cities it should also be at the back of the house if possible, to avoid noise. Outside of cities, no stairs should be climbed by those attending the sick, as it is a great waste of strength; and the sick need much attention, except when at rest. The sitting-room should be the pleasantest room in the house, with the sun shining all day into it if possible; and, if there is no bed-room on the same floor, bring a bed into it. An old-fashioned cot-bed with sacking bottom is preferable to most spring-beds for the sick: have one wool-blanket under the sheet and over the bed, and nothing but good wool-blankets above the sick, excepting a spread; and this would be better made of lace than of any heavier material, as weight, without warmth, is oppressive. A comfortable stool-chair or an earth-closet should be provided which has the seat covered with woollen cloth, to prevent taking cold.

When clothing or bedding is changed, the clean should be thoroughly dry and hot. Every thing should be kept clean, and picked up; but no sweeping should be done excepting with a covered carpet-sweeper, and dust should be wiped off with a

damp cloth. Rags never should be burned to purify a room, but a window or inside-door opened, after having put extra covering on the sick. If the weather is as warm as the average of summer weather, the windows should be open all the time, but not so as to cause a draft of air across the patient. At any time of year, the air needs changing often in the room of the sick, as nothing will cure them any faster than pure air. A thermometer should hang in the room, and the heat be regulated by it. An open wood-fire is best, as it ventilates while warming a room. A covered pitcher holding a quart should be used for drinks, keeping them clean and cool.

The meals should be regular, with suitable food well cooked and neatly served, as much depends on this. As a general rule, people eat too much food when well, and too little of the right sort when sick. Nourishing food cures faster than any amount of drugs can. Perhaps, when "John" is sick, and his mother well, he may have quite as much to eat as is good for him; but let John's mother be sick, and she will not be overloaded with good food. The sick want breakfast soon after light, as the nights are long and tedious; and to be obliged to wait three or four hours after this, as is often done, till the nurse is well filled, is very trying to a sensitive person, and disgusts so much, that, when the breakfast does come, there is no inclination to eat it, no matter how hungry the patient may be. The sick are greatly injured by this selfishness of the nurse. Dinner should be ready at noon, and supper, if eaten at all, before dark, and the bed made, as the patient is then ready to sleep. The rattling of newspapers all the evening, and snoring all night, are not pleasant to sick persons. I have often wondered if "the old and experienced nurse" ever was sick.

There is a kind of nurse, though too seldom seen, who knows just how to make sick people well, and her very presence is a blessing: every thing she does seems just right to the sufferer, and her patients recover. A physician had a very sick patient, and, not being able to cure her, bade her adieu, expecting to meet her next in a better world, where drugs are not neces-

sary. Her pastor, a live man, supposed a good nurse to be most needed by her, and, knowing one who had been a model in her profession, called on her. She had two very young infants, which seemed an obstacle in the way; but the live pastor offered to take care of the infants that night if the nurse would take care of the sick woman: she did, and that woman lived many years afterwards.

Visitors, as a general rule, do more harm than good in the room of sick persons: if the patient does not talk, it is equally tiresome to hear others. If their meals are regular, as they should be, the time between them should be free from intrusion and noise, that they may rest. The good nurse sees that rest, as much as possible, is secured to the patient; and, further to secure this, the bed should be made both at morning and at night. A sponge-bath, of water which is agreeable to the patient, is needed each morning in most diseases; but care should be used that a chill does not follow.

Many of the causes of sickness may be avoided with proper care; and others there are that are unavoidable. Among the latter may be mentioned accidents, birth, contagions, teething, and old age. Some of the former are colds, excessive eating and drinking, wrong modes of dress, bad air, overwork, want of amusement, lack of neatness, loss of sleep, ignorance of and inattention to the simple laws of health.

ACCIDENTS.

When accidents occur, the first requisite is presence of mind, as those who are frightened do more harm than good. Some persons faint soon if an artery or a vein be cut, and, if alone, die: but, if any one is near, the blood-vessel should be tied, if possible, and a bandage applied; and, if it still bleeds, insert a stick in the bandage, and twist it till bleeding ceases. Call a surgeon as soon as possible. The blood from an artery is propelled in jets; and, if it be one that is cut, haste must be made to secure it immediately, or the person will soon die. Apply the pressure between the heart and wound. "If in a position where the handkerchief cannot be used, press the thumb on a

spot near the wound, between it and the heart; increase the pressure until the bleeding ceases; but do not lessen the pressure for an instant until the physician arrives, so as to glue up the wound by coagulation, or cooling of the hardening blood."

AMUSEMENTS.

Those persons who least need amusements are the ones who patronize them most liberally. Those suffering from chronic diseases need them most, after children; and next comes the wearied mother who has been harassed with the cares of children and house-keeping. A ride in the afternoon with the children would refresh and recreate all; and those men who think they cannot afford this expense should take into consideration what would be the state of their family were the overworked mother to die, and leave to the father the whole care of it. If the mother is fleshy, and has a healthy color, it is of no use for her to complain of a want of health: she is only "spleeny" or "nervous." But if it so happens that she cannot bear up under her weight of cares — why, it is a "dispensation of Providence," to which all but the children are soon reconciled.

BALDNESS.

There are preparations made to sell for the cure of baldness; but they contain more or less of ingredients which are injurious to the head; and the only article in them which is of any benefit is tincture of cantharides, or flies. This may be used alone, and will restore the hair on young heads where it has been removed, and perhaps on older ones if used persistently. After hair has been cut, it assists the growth, causing a thick, nice head of hair. A California physician says baldness is caused by the too-frequent use of tobacco, impeding the circulation, and preventing the free and natural supply of nourishment to the hair.

BANDAGES.

These should always be ready for use, as no one knows how soon they may be needed. They are best when made of stout,

but not entirely new, cotton cloth, from two to three inches wide, and several yards long without piecing. Roll them up as tightly as possible, sew the end to the roll, and lay away in the medicine-closet. They are used to bind limbs when wounded or diseased, to prevent swelling.

BATHING.

A daily bath is as necessary to health as is daily bread. The countless pores of the skin are the drains of the body. As well might one stop up a sewer, and attempt to cleanse it by pouring in lime, as to stop the pores of the body by neglect, and expect to regain health by pouring in drugs. There is nothing, however, which is less understood than a right mode of bathing. When we rise in the morning, the body is rested, strong, and active; and this is the time to bathe: the blood thus receives a new impulse; and the bather feels renewed, and ready for a day of toil. Bathing at night is dangerous, as the body is too tired to receive a new impulse and be again invited to go to work: a chill is almost sure to follow night-bathing, and it may never be recovered from, but may bring a lingering disease. It is a wrong practice to bathe children Saturday nights: it is better to get up early enough to do it Sunday morning, when they rise. The mother who would know how to bathe her children should not neglect it herself. The benefit arising from bathing will diminish with the hours before noon; and, after noon, the danger increases till night. Children often bathe in ponds afternoons, if not forbidden, because, as they say, the water is warmer then; but this is only an additional danger.

No great apparatus is needed for a bath: a warm room is necessary, but warm water is not. A screen made like a clothes-horse might be covered and used in a kitchen, as well as to have a bath-room: the latter is very convenient, however, for undressing at night, as well as for bathing, as the perspiration on clothing makes it cold and disagreeable if left in a cold room at night. There need be no expense in heating a bath-room over a kitchen, as a dummy stove takes the heat

from the cook-stove, and warms it sufficiently. The pipe which enters it should be larger than the one through which the smoke leaves it, that it may be full all the time.

Cold water is most invigorating to the system, and should always be used in winter, as warm water then causes a chill, and a "cold" follows. A cup of salt to one quart of water is considered equal to sea-water, and gives additional warmth to the bather. In summer, warm water may be used without harm, and should be by fleshy persons, as they become heated more easily than lean ones. The latter will not suffer with heat, perhaps, if using the cold bath; but here let it be said, that it is not best to stand in the water, but use a half-towel, bathing and wiping a part at a time, and rubbing the body well with a dry towel. The best but not finest quality of Russia crash is the best for bathing-towels. Bathing-water should be free from lead, copper, and zinc; and the head should be wet as well as the remainder of the person. Those unaccustomed to a daily bath sometimes indulge in one when excessively heated, using cold water; and the result is, in some cases, insanity, idiocy, or death.

Proper bathing keeps the hair good, the skin soft and fair, and removes pimples by opening the pores of the skin. It also cures the debility usually felt on the approach of summer, without aid from other tonics. Children without it are fretful and uneasy in summer, not knowing what troubles them; and, supposing themselves hungry, eat oftener than they otherwise would. When overheated, a warm bath is the best method for becoming cool again. Sea-bathing should never be practised when the tide is going out, as there is danger then of being drowned, which there is not if the tide is coming in. When the feet ache from too much exercise, keep them in warm water a few minutes, and they are much relieved; but no chill should follow.

BEAUTY.

It is natural for mankind to admire the beautiful, and for some persons to desire to appear beautiful: to this end, poison-

ous paints and washes are used, hair-dyes composed largely of lead, and even strong poisons taken in small doses, to attain the coveted beauty of person. Go to the city some day when the thermometer is nearly up to a hundred, and notice what color the faces are that are met on the street. One would suppose they might wear a natural rose-color such a hot day. But not so: neither a natural nor an artificial rose-color will be seen, but nearer a straw-color; for paint does not do well (I suppose) such weather as this.

Want of air at night, or rather while sleeping; want of a cold bath in the morning; want of room for the lungs to work; plenty of saleratus for breakfast, dinner, and supper, and another meal at midnight, made up of all sorts of unwholesome things, and villanous drinks to wash it down; want of pure water; want of outdoor or kitchen exercise, and too much dancing and shopping exercise, with running up and down stairs continually, — these are enough to fade the brightest bloom that ever lived in a woman's face.

Is it "countrified" to wear Nature's color of health, and only beautiful to wear poisonous paints on the cheeks and lips? Let us be very countrified, then. Pure air will help wonderfully to make us so. Pure water inside and outside will assist us. Eat once or twice a day only; and then let saleratus alone, as this is more destructive to beauty than any thing else: it removes the fatty part of the system, and makes the skin yellow. Tea and coffee also make a sallow complexion.

Pure, moist air, a morning bath, healthful dress, a right amount of exercise by day, and rest at night, and a heart in the right place, will do more than the entire contents of an apothecary-shop towards making the person beautiful. American air is so dry, that it injures a fair skin more than does a moist atmosphere; and this fact alone, probably, has made of the moist island of Newport the most fashionable of summer resorts. Fair women have ascertained, no doubt, that they appear fairer there; and it is in no danger of being deserted. Every kitchen is a Newport as far as moist air can make it so;

and those who find their duty in one should console themselves that they possess the best of places for preserving beauty.

"Beautiful faces, — they that wear
The light of a pleasant spirit there;
It matters little if dark or fair.

Beautiful hands are they that do
The work of the noble, good, and true, —
Busy for them the long day through.

Beautiful feet are they that go
Swiftly, to lighten another's woe,
Through summer's heat, or winter's snow."

BIRTH.

Every true woman must prefer to have one of her sex with her at this time. It is useless to assert that women never can equal men in the care of their own sex, as they understand themselves and their sex as no man ever can. No male physician can ever know any more of a woman's feelings than she chooses to disclose to him; and the modest and intelligent woman never chooses to disclose much: but one of her sex knows, without asking, what she most wants. Some physicians assert that the practice of obstetrics will recede where it was five hundred years ago if left to women-physicians: perhaps this would be an improvement on the practice of some male physicians, if they are like one of their number "in good and regular standing," who, after he had by his ignorance caused the uterus to protrude, cut it off, not knowing what it was, or what to do with it. It is certain that women, if as ignorant as many who pass through the medical schools, could not obtain diplomas. There are diseases of the mind which no doctor can reach with drugs. Many a woman lives and dies of a broken heart; and the male physician never dreams what is the matter.

When *enceinte*, during the nauseous period, if she will do entirely without eating suppers, she will diminish the time

and degree of sickness. Now is the time that a very little wine *may* be needed; and the only time it ever is needed, unless it be when persons are reduced so low by sickness, that nothing else will restore them. Some children have been disfigured for life, — probably from the want of a very little wine at the right time. The husband, during all the time, should remove all causes of sorrow, care, and trouble, as far as it is in his power to do so: unpleasant results often follow from his neglect of this simple duty. The woman, especially if young, is more like a child than like herself, — she cannot help it, — and should be indulged like a child. She will appreciate and be grateful for the patience shown her. If a woman would have a healthy child, she must work some every day. If she would have a comparatively easy time at last, she must work every day, but not beyond her strength. "Peasants bring forth in safety;" and why? Because exercise, work, is absolutely necessary to health. When a child arrives, the cord that is attached should be tied, with a fine linen braid called bobbin, about two inches from the body, and cut off, *outside* the tying, with a pair of sharp scissors: these wants should be supplied beforehand. The physician usually attends to this; but, if there is none, the nurse must know how to do it. The after-part should all be removed.

A new-born infant does not need dosing with medicine: milk is sufficient. And now comes the part that is sometimes neglected by some nurses. After the child is washed (not in a cold room, but near a good fire) with water moderately warm, take a clean piece of fine old linen about four or five inches square, cut a piece out of the centre just large enough to admit the cord, oil it a little with olive or palm oil, and pass the cord through it; take another piece of old soft linen large enough to cover the whole, oil it, and lay over; then bind around the child, but not too tightly, a flannel bandage made as directed, and pin carefully. Have three or four bandages, that a clean one may be ready when required. Every day, the mother should insist on seeing for herself that the child's abdomen has proper care, and clean linen cloths put on if need-

ed. The cord will come off when it is time it should, with proper care, as directed. When it does, put on another clean linen, oiled; and bandage as before. If the "old and experienced nurse" insists on applying to it mutton-tallow, nutmeg, or other stuff, the mother must insist on it that no animal grease nor spice shall be used on the child. Wash the child early every morning, as quickly as possible, near a fire, a part at a time, and cover with warm clothing as soon as washed. The water should not be too warm, as it will produce a chill. Have a small bottle of olive or palm oil, and a new hair-pencil with which to apply it; and, as often as the child is washed, apply the oil under the arms; and, if chafed by the flannel, put a linen cloth under each arm, or a linen shirt under the woollen one. With oil applied every day, there is no danger of the skin being chafed. Apply the oil inside the thighs often besides after washing, as the skin will be off if not attended to. An infant can be kept in good condition with very little labor. It should be washed on a pillow or cushion made for it, as, if hoops are worn, the child will be hurt by them.

Let us return to the sick mother, who "remembers no more the anguish for joy;" but she needs rest and love, — love, the most powerful medicine that ever was invented for soul or body; for it will cure both, — and silence and sleep. But can she sleep with that new joy beside her? No, not one wink the first night: it is useless to expect it. But keep her room quiet all day, and she may sleep a little. Do not talk, nor allow her to, only to say what is necessary, and concerns herself or her child. Spinning long yarns to the sick is enough of itself to kill a delicate person. Next night, she will sleep some; but keep her room perfectly quiet every day, so she may sleep as much as possible. This will cure her faster than any thing else can. The discharges should be regular; and, if not so, use a syringe. If the bowels are not kept open or regular, the patient will be feverish, and drink more of cold drinks than is good for her. This will aggravate her pain, but no other harm will arise from it; and, if denied cool drinks, she

will suffer from thirst: therefore keep the bowels regular by injections, and not with drugs. If pains are severe, wet a white flannel cloth in strong hop-tea, and lay it on the abdomen as hot as can be endured. Place over it several layers of dry hot flannel to keep the clothing dry.

And now comes another trial for her: the food for the young visitor is coming. How many a young mother suffers and weeps with a broken breast! but there is no more need of her having one than there is of her having a broken nose. They ought to know, before they arrive at this stage, that they cannot touch any thing that is cold, nor put their hands into cold water, — not even for an instant. The danger lasts for months, or as long as nursing lasts, but in a diminishing ratio. No care is too great at first. If mothers would do their duty by instructing their daughters in season, all this trouble would be avoided. But the mother waits till the daughter is a mother, and then has the kindness to tell her; but the young mother is too happy in her new-found joy to believe any thing can harm her, does not heed the warning (which comes too late), and suffers. It is possible to have one, and not endure any pain except from the lancing; yet this is not the general rule. And now the nurse can save the patient a great deal of suffering if she will follow these directions: Take one large spoon of spirits of camphor, two spoons of olive or palm oil, and warm them together. If the breasts have the least hardness in them, as will most likely be the case, apply this mixture warm with the hands, which should be soft, but firm enough to mould or knead the breasts. Have a soft towel, and press the milk from the circumference towards the outlet until it runs out. It may hurt a little at first; but it soon becomes a luxury. Keep them soft by repeating this process as often as any hardness is perceptible. Before and after each nursing of the child, wash the nipples in suds made of warm water and white toilet-soap; and every time after nursing apply salve made of one large, even spoon of palm-oil, and one small cake of white wax, melted together. The tenderness will not last long if there is sufficient milk for the child. If so unfortunate as to take cold,

and have any redness or swelling of the breast, it should be poulticed with flaxseed-meal, boiled in water, and applied as hot as agreeable. Keep the milk pressed out; and, if this does not prevent a gathering of matter, have it lanced when ripe. Follow this course persistently, and there will be little if any pain or soreness when nursing.

The nurse should bathe the mother in bed every morning, unless the physician forbids, with a small sponge or cloth wrung out dry from water, not too hot nor too cold; rub well, and cover up warm. She needs no medicine if properly nursed. The person confined to bed by sickness knows no division between night and day, except the changes in light and darkness. Commence to do her work as soon as light comes, unless she is asleep; but the sick sleeper never should be disturbed. As soon as she wakes in the morning, carry some warm water and a clean towel for her face and hands; and then she should have her breakfast, without waiting two or three hours, as is sometimes the case, till all in the house are well filled. Her husband knows better than any other person what she likes, and ought to find time to carry it to her: he would, probably, if he knew how much better it would digest. What she wants most will not be likely to injure her, if properly cooked; and it is a part of the business of a nurse to cook her patient's food. She needs more food and drink than in any other kind of sickness.

If she is able to sit up long enough to have her bed made, make it as soon as possible after her breakfast. Lay the blankets over an arm-chair, and help her to it, covering her with them. Make the bed as even and soft as possible; and, when ready to spread on the blankets, help her into it, and finish making it. In this way she will not be obliged to sit up long. If the weather is cold, she should have a knit worsted jacket to wear over her night-dress, with a pocket in it to hold a handkerchief. After she has rested a little while, comb her hair, and place it so she can lie comfortably. Feed the child, wash and dress it, and lay it beside the mother to get warm after washing. Now, if her work has been done early in the

morning, — as it always should be, — the mother will have a long time to rest and sleep. If the child wakes and is fretful, take it away, and supply its wants, whatever they are. The mother cannot rest any if the child is in bed with her all the time, day and night, even if it is the best child that ever lived. She will lie and look at it when she ought to be asleep. The dinner-hour for the sick should be twelve always. If she is able to have her bed made again, make it, and give her supper — if she must have supper — before sunset. Hasty-pudding and milk, or oatmeal-pudding, is best for her.

After supper, she must sleep for the night; and remember that the rattling of newspapers all the evening in her room will not favor sleep. Have drinks by her bed, where she can reach them when wanted. A covered pitcher keeps water clean and cool; and it should be remembered that infants want cold water to drink every day in hot weather, as well as older people. They seldom get it, however, unless to cure the hiccoughs.

Tonics do no good, but much harm: the patient thinks she is stronger than she really is if using them, and gets up too soon. They do not give strength, but act like all stimulants, borrowing of the future what they are not able to pay. Better let nature take its own course: the patient will have all the appetite she ought to have without them, especially if she nurses the child at the breast.

Saturday night has come. Happy time, prelude to the day of rest! The husband and father will be at home. Perhaps the children or other persons have made too much noise during the week, so that she is tired. She expects rest to-morrow, and a little attention and love, too, from him for whom she suffers; and she should not expect in vain. Rise early; have breakfast done as early as possible; and see that she has rest. "Love is to the human heart what sunshine is to flowers;" but, if the flowers did not get more of the sun's light and heat than some human hearts do of love, they never would get far above the crust of the earth. Of all medicines for soul or body, nothing is so healing as Christ's words to mankind; for they are love

itself. Get the good book, and read what the great Physician says: it will soothe and quiet the soul as nothing else can. Prayer, "the highest exercise of which the soul is capable," will induce sleep without the aid of narcotics. "He giveth his beloved sleep."

INFANTS.

The man who said infants need "plenty of milk, flannel, and sleep," knew what they need. And it would seem the simplest thing in the world to give them all they need; and yet few get it. They get plenty of flannel, certainly, where it is not needed,—that is, below their feet; while their poor little arms go naked when the ground out of doors is covered with snow. There ought to be a law to stop this inhuman practice; but, unfortunately, there is not. It is hoped Christianity will make progress before many more centuries pass away; but certainly its progress seems very slow. Think of these speechless little ones, all around us, suffering and dying! It is no wonder that a large proportion of them die: the only wonder is that any of them live. Mothers, if you have the slightest wish for your children to live, and grow up to be healthy men and women, cover up their necks and arms in winter. If they have sufficient clothing and food, they will not need a perpetual dosing, nor any dosing: they will be well if you will only let them. In cold weather, young infants should wear next their bodies shirts knit of single, white woollen yarn which is soft, and made for this purpose, to cover the neck, arms, and bowels completely. They may be made to look very nice, and are much more suitable than the flimsy things usually worn. Infants will drool and vomit; and a wet linen shirt cannot be very comfortable. A pretty sack over the dress will not hurt the wearer in the least. Dressed in this way, they appear much better than they do in a state of half-nudity, and can be carried through a cold room without injury. Every article of an infant's clothing should be made of wool, excepting the dress and squares. Clothing for all children should be made large enough to allow for the child's growth, and shrinking of the

cloth. When making new garments, measure the child instead of some outgrown garment, and make them several inches larger than the child.

In summer they should wear a woollen shirt long enough to cover the bowels, low in the neck, and with short sleeves, but not entirely destitute of sleeves, or the air will circulate too freely under their arms. If dressed properly, do not be afraid to let them have all the air there is: it cannot hurt them. If they are sick, or teething, they need it all the more. Their clothing should be all made alike, so that, when a change is made, they will not take cold. Always tie single knots, as they are much more easily untied. All clothing should be as soft and comfortable as possible to have it; and plenty of changes are required, as children soil so many garments. It will not harm them to have them changed every day; but great care is necessary to have them perfectly dry and warm when put on.

Bandages to be used the first month should be of old, thick, white flannel, as it does not stretch like new. Better have no hem about it, but make it three-fourths of a yard or more in length, about six inches in width; and see that, when used, the pins do not prick the infant. If made of new flannel, have it seven inches by thirty-six, and overcast it all around. After a month or more, if the navel is right and well, — as it should be, — a looser kind of bandage may be worn with comfort. Take four needles, of the size used for hose, and single white yarn, casting sixty stitches on each of three needles; seam them; and, when about six inches long or more, bind off all but forty stitches, and from these knit plain about an inch; narrow off to twenty stitches, and finish off. This is to be pinned with the square, to keep each in place.

The shirts should be knit of single white yarn, putting one hundred stitches on one large needle, as only two needles are needed. Seam two, and knit two plain, commencing at the bottom to knit; and when having knit from seventy to ninety-five times across, according to the size of the yarn, narrow one stitch each time across, at the end of the needle, for sixteen

times; then slip-and-bind once across; knit plain once; and bind off. Two such pieces, sewed together at the sides, form the body; the narrowed places make the shoulders; and the sleeves should be sewed in below them. The loops made by slipping-and-binding are to receive the ribbon or bobbin. For the sleeves, put fifty-two or sixty stitches on a needle, and knit them about six inches long, and finish off same as the neck, with loops for ribbon. For the gusset, cast on twenty stitches; knit plain till square; bind off; sew to the upper part of the sleeve; finish and sew in the sleeves. Three or four such shirts are needed.

The squares should be made twice as long as wide, besides allowing room for a small hem at each end; and should not be used before being washed. Only shielded pins should be used to fasten them: provide half a dozen, as they are liable to break. Forty or fifty squares are sufficient, as they never should be allowed to accumulate after being soiled. They should not be soaked in water, but kept dry till washed. Hoops are bad things on which to tend infants: when squares are put on, lay the child in a cradle or on a pillow. Never put on cold squares, especially if of linen, — not even in summer, as it produces a cold and diarrhœa. Always keep them warm at the fire at all times of the year. If you economize in fuel, and lose your child, it is not much of a saving to you. Place the dry squares on one chair, or end of a line kept for the purpose, and the wet ones in a separate place to dry. Some persons put wet ones over dry ones to dry them; but I pity the child who has to wear them, and cannot speak to complain.

What used to be called baras, or foot-blankets, are useless, and only cumber the child unnecessarily. In summer, a woollen shirt with short sleeves, and a cotton sack night-gown with long sleeves, are enough; and, in winter, a woollen shirt and flannel night-gown, each with long sleeves, are enough. Blankets to hold water should be placed under the sheet or blanket, and dried every day if wet, and washed often. Never wake a child to put a dry square on it; but, if it is

awake, a wet one feels uncomfortable. Some infants have sufficient heat to keep the inner one warm, even if wet; but others have not.

Flannel for skirts should be washed before it is used, as a poisonous acid is used by the manufacturers in cleaning wool. Other garments made of wool should also be washed before used. The skirts may be washed before they are embroidered, or in the piece. They should be not less than three-fourths of a yard long (and a yard is better), and one and three-fourths or two yards wide. The waist should be twenty-two by five or six inches when made. Pin them in front with small, shielded pins. If care is used, there is no need of pricking a child with pins. Two skirts are needed in winter, one in summer, generally; but none when the thermometer nearly reaches a hundred.

Dresses should have a skirt one yard or more in length, and two yards or more in width, with a waist twenty-two by five inches and a half, and a sleeve three inches long and seven around; or, if dresses and skirts are cut sack or goring, it is all the better for the child.

A yard of thibet makes three sacks, if torn in equal pieces. The back should be twelve inches across when done; each half of the front six inches; around the neck twelve inches; the sleeve six inches long, nine inches around the top, and the bottom sloped off to six inches around the wrist. If made of white thibet, it may be embroidered with pink worsted. Twist four strands of it together for cord to tie the neck, and have them seven to ten inches long when done. Make a small ball to each cord. Or bind the sack with ribbon, and tie with the same.

Socks are not needed in summer; but long ones should be worn in winter. It is much cheaper to knit than to buy them. Get coarse Berlin worsted, either blue, red, or pink, for the feet, and fine white worsted, or soft yarn, for the tops. Commence at the bottom of the foot to knit by casting sixty-four stitches on to a large steel needle, as only two are needed for the foot; knit eighteen or twenty times across; leave fourteen

or sixteen stitches in the middle, and slip the others off the needles on to a thread; then knit the middle stitches about twenty-five or thirty times across, either plain or fancy, changing the yarn to white, when having knit fifteen times across, to imitate a slipper. Take up the stitches on the threads, and knit the leg, using four needles, and making spaces for a cord or ribbon around the ankle by slipping-and-binding once or twice around. Knit the legs in seams, or in crossway ribs, eight inches in length; bind off loosely; and crochet some scallops, or not, around the top. Sew up the feet, which should measure, when flat, four or five inches in length; and make some cord by taking two yards of worsted, doubling and twisting it twice, and run it into the eyelets made for it.

Infants born in spring and summer should wear long clothes till the next summer to keep their lower limbs warm. It is cruel to put them into short clothing the first winter: they should get acclimated by degrees. A comfortable dress in very hot weather, for children old enough to walk, is a flannel shirt with low neck and short sleeves, a sack dress, hose, and shoes. This is all that is needed in the three summer months, unless in cool days; but, if the weather becomes cool suddenly, more clothing cannot be added too soon. If playing out of doors, a muslin sack over the low-neck dress, and a hat with a very wide rim, are all that is needed.

Unquestionably, the best food for a new being is its mother's milk, unless she is in feeble health; and, in that case, she certainly will not have enough to supply its wants. Few if any American mothers have sufficient milk to supply a child.

If the nipples are sore after the child is a month old, the probability is there is not milk enough for the child; and, instead of buying papillary lotions for the nipples, buy a pint or quart of good milk a day for the child. It will save trouble to feed it days with cow's milk, and nurse it nights if there is enough for this. Most rules and persons recommend watering and sugaring cow's milk for young children; but I have no doubt the child would be better fed on cow's milk alone. City milk is so weak, and entirely destitute of cream,

that it needs no more weakening for the youngest infant. I have no doubt that the majority of children who die in cities die from want of food. If persons could get milk pure as it comes from the cow, it might need a little water and sugar for the new-born child; but in a few weeks it would be able to take it without water and sugar. I have known children, who, it was said, were fed with cow's milk without being reduced; and no healthier specimens of humanity need be looked for. Persons who keep "help" of a certain sort should keep the children's milk out of their reach. They have a pleasant habit of taking out what they want for private use, and replacing the amount with an equal quantity of water. Between the conscientious milk-peddler and "the help," is it any wonder that city children die? Certainly those who do survive ought to be able to endure a great deal. If one-half of those born die before they are five years of age, I have no doubt but it is for want of food. The half-starved child cries, and gets soothing-syrup to still it, instead of nourishing food.

If infants are fed on cow's milk, no bottle with *white* rubber should be used; but the tube and nipple should be of black rubber, free from poison, as the white is not. When not in use, keep the rubber in cold water; and rinse the bottle in hot water as soon as used, that it may be clean when wanted. Once a week, it is necessary to give it a thorough cleaning with a small piece of soap, a spoon of gravel, and only a little warm water. Shake the bottle till it is clean, and rinse it till perfectly clear. A child six months old is old enough to begin to eat something besides milk. A little soft bread mixed with it is good. Mashed potato, with salt and milk in it, is also good for them. There is more real nourishment in potatoes than any one would believe until deprived of them. If a child likes chocolate, it should have it, as it is perfectly harmless unless adulterated.

Boil one cup of milk with one cup of water; add one heaped teaspoon of Baker's chocolate scraped fine, and three teaspoons of sugar; let all boil one minute, and add sufficient cold milk to make it "milk-warm." This is for a child of six months

and upwards. There are very few young children who like the miscellaneous diet of older persons. A few things they want, and should have unless hurtful; but, as a general rule, what they want is what they ought to have. Nearly all children like fruit; and nothing is better for them. Oatmeal-pudding with milk, or butter and sugar, is good for them. Coffee or tea should never be given to children, as they are too stimulating. Probably infants suffer more for want of cold water to drink as often as needed than for any other thing. After they are old enough to call for it, they drink it often. Here is an extract from a newspaper: "A little child in Albany, exhausted by long-continued and extreme heat, ceased to breathe, was mourned as dead, and laid out for its little grave; when a bystander discovered signs which suggested the possibility that life was not absolutely extinct. Cold water was applied to its lips; and, after a while, there appeared signs of reviving; and the child was finally recovered from the grave." All this for want of a little cold water.

No infant needs "soothing-syrup," paregoric, laudanum, morphine, nor any thing else, to stupefy it. It is only an outrage on the poor little things to give it to them. If they suffer, they ought to have the power of making it known by crying, as this is the only way possible for them to do so; and drugs deprive them of this privilege. Stupefying drugs do not relieve any pain, but merely deaden the brain, while the difficulty remains the same. "Soothing-syrups," I care not what old "mother's" name they bear (probably made and sold by some man "for the benefit of an empty pocket"), are an injury to any child, and sometimes cause death. And why should they not? Their purpose is to produce the semblance of death; and they really do produce partial death by stupefaction. Nurses usually carry something of the sort with them; and infants will sleep from six to twenty-four hours under the effects of their dosing. When gone, the mother wonders that her child does not sleep as usual, and supposes the nurse has some power to charm infants to sleep. She has; and probably the charm is a bottle of morphine. An infant usually sleeps from one to two

hours each half-day, but not more than this. If it is urged that the mother is poor, and must work, the answer is, Let her immortal treasure have her first care; and, if there is any time left, attend to the work. Intemperance, more than any thing else in this country, is the cause of extreme poverty.

A child sleeps best in the day, in a quiet room. Flies should be kept out in summer by window-nets; and a child will sleep better on a bed than on a cradle. It should never be left entirely alone, however; for, if it did not roll off the bed (as it probably would), it might turn on its face and be smothered, as some have been known to roll over, face down, before they were four days old. If a child must be left alone a few minutes at a time, it is better to use a cradle than a bed. They need no covering, except after being bathed, unless in a cool room in cold weather; as, if dressed sufficiently warm, that is generally enough: it certainly is in summer. Some infants are obliged to sleep in a noise, and are rocked incessantly while asleep; but it is perfect torture.

When sleeping on a bed, let them have one soft, thin pillow, but no bolster; or, if there must be a bolster, no pillow is needed. If infants are laid down to sleep at first without rocking, they do not want it, and wake if rocked. It saves a great amount of labor to begin right with them. They may be fed, and laid on a bed at bedtime, and soon learn to go to sleep alone. They should never sleep on a person's arm at night: lay them down at first, and they like it best. Cribs should have a sack or spring-bottom, as slats are too hard. A feather-bed is not too warm in winter; and a straw-bed or mattress should be beneath it. If an infant sleeps between two persons at night in summer, it will suffer if compelled to wear a foot-blanket or petticoat, and will probably cry till it is removed. If it sleeps alone, it will need a little more covering than when between two persons; but a woollen blanket is better than a petticoat, as, if too warm, it can easily get out of it. The mother can judge pretty nearly of the child's wants by her own.

A child needs two naps a day till a year and a half of age,

always allowing for more sleep in summer days than in winter; and from this age, till it has lived three winters and four summers, it needs one nap each day, commencing at ten or eleven o'clock, and gradually growing later as age increases, sleeping at a time one to two hours. Children of three or four years who play out of doors in summer, and especially boys who run where they please, become too much exhausted without a daily nap, and sleep just as long at night, if they have one, as they do without it. The summer sun is too hot for such children to be allowed to play out from twelve to two o'clock.

If young infants cry, first see if they are wet: they should not remain so a minute; but keep ready plenty of *dry warm* squares for them. If dry, and they still cry, see if it is their eating-time, which occurs once in two or three hours. If neither hungry nor wet, and they still cry, probably they are sleepy, or tired of being held, and, if laid down, seem to like it. Pins should never be put carelessly in their clothing. Most persons toss children about too much and too roughly. A good rule is, when they are quiet, let them remain so. This rule, if followed, would save a great amount of trouble. How often do we see, when travelling, persons tossing around quiet babies, and trying to make them send out music! They never need violent jumping before they arrive at the age to do it for themselves. When a child can walk, it should be bathed as early each morning as possible, and told to run and play after it, to get warm: it will most likely obey. The top of the head is often covered with dust or dandruff, or a mixture of both; but it may be easily removed. Cover the soiled portion with sweet-oil; comb it off with a fine comb; wash the head, and wipe it dry.

The best place for children, especially in winter, is at home. If taken out in cold weather, they are liable to take cold, and often take children's diseases, some of which go harder in cold than in warm weather. The mother who will trust her children with hired girls does not deserve to be a mother: if she has not patience to take care of them, how can she expect a hired person to do so for her? The mother of young children

must expect to find her pleasures at home: if she finds a faithful servant who takes good care of her child, she loses just so much of its love; and, if the child is condemned to the care of a faithless servant, it has untold sorrows, because it dares not tell them. But where is one sure of finding a faithful servant? There may be such; but they are not plenty enough to supply the demand for them. Save the children, the hope of the country.

When the second child comes, do not make enemies of the two at once by telling the first one, as is too often done, "Now your nose is out of joint." Thus they may be made enemies for life, giving you plenty of trouble for future years. Make them friends at once: you can do so, if you choose to, by encouraging the older one to love the new-comer. Do not cast off the first one because you have another: isn't your heart large enough to hold two? Still keep your hold on the first one, and still carry him along in your heart, and still delight to instruct his inquisitive mind. Never give up one of your children, but continue to teach and guide them as long as they need it: so the path you tread in your own second childhood shall blossom with flowers.

BITES.

"Dr. Buisson of Paris is said to have saved the lives of eighty persons during his professional practice, who had been bitten by mad animals, simply by the use of the vapor-bath for seven consecutive days, heated to a temperature of from 130 to 140 degrees Fahrenheit."

The bite from a rattlesnake is said to have been cured in two hours by applying a poultice made of equal parts of onion, tobacco, and salt: a cord was also bound tightly around the wrist, as the bite was on the finger. The fang of a dead rattlesnake is said to be as poisonous as that of a live one. Here is another antidote for the bite, so it is said: "Thirty grains of iodine and ten grains of iodide of potassium, dissolved in an ounce of water, applied *externally* with a bit of cotton, sponge, or any thing that will hold the liquid. It can be dis-

solved, and kept for use in a bottle with a glass stopper. It is well to stop the circulation by a cord above the bite."

"Australian physicians are using, with entire success, carbolic acid to cure poisonous snake-bites. It is used externally as a caustic to the wound, and internally, a few drops at a time, in brandy and water, with magical effect." Probably the brandy is given, as sugar is to children, to help the medicine down, and is of no use.

"Diluted ammonia injected into the veins of a person bitten by a snake has been known to restore consciousness, and save the life of one even so far gone as to be comatose before the application."

BOILS.

Biles is considered a more correct spelling for Job's comforters; but, when one has them, the spelling is not of much importance. They cause a person to feel sick until they begin to discharge; but are considered good things to work off impurities of the system. A poultice of flaxseed-meal is good for them till they discharge.

BROKEN BONES.

When bones are broken or cut, they should be kept in place, if possible, till a surgeon is found. If a child's fingers are cut nearly off, bind the hand firmly to that of a well person, and keep it so till the surgeon arrives. If sewed on, they will be likely to grow again. The bleeding should be stopped at once.

BRUISES.

Slight bruises, or pricks from a pin, needle, fork, or scissors, should have spirits of camphor applied immediately. Persons have lost a finger merely by pricking it with a needle or with scissors. Balm-of-Gilead buds, preserved in rum, are excellent for bruises. Wormword is also used. Where the skin is not broken, it should be rubbed some minutes to prevent the blood from settling. Carbolic acid, in water, is used on wounds, as it is cleansing and healing.

BURNS.

No person who values life will ever light a fire with kerosene-oil, as an explosion is almost certain to follow. When the house is on fire, and persons find themselves in an upper story, an umbrella should be opened to descend with, if there is no other way of escape, after having thrown out the beds to alight on. Or the sheets and blankets may be torn in strips, tied together, and firmly fastened to descend by. A little cool thought in such cases would have saved many lives. There is not so much danger of clothing taking fire from stoves as from an open fire; but, if it does from any cause, the person should lie down on a bed or floor, and roll a woollen blanket, quilt, or carpet, around the body, till the fire is smothered. Running out of doors for help is certain death.

The best dressing for a burn is castor-oil and flour, and should be applied without delay, and then covered with old linen. The pain ceases if the air is kept out; and, for a small burn, a second dressing may be used of plaster made from roll salve, on linen. A large burn should have repeated dressings of the oil and flour.

It is well to use all precautions against fire, but also to be ready at all times for it. Meal-bags with strings sewed on are convenient to keep either for fire or moving; and clothing can be packed very quickly into them. A person should be appointed to take care of them afterwards, as many things disappear when a house is on fire. Trunks should also be ready. Salt thrown on a fire puts it out very quickly.

A barn once took fire, in the upper part, about two o'clock in the afternoon of one of the hottest days ever known; and, as no person had been near it at that time, it was supposed to have caught fire by the hay being so near to a glass window in the south end of it.

BURYING.

It has been proved that many persons have accidentally, if any carelessness can be called accidental, been buried alive. It causes a dread in the living; for no one can be certain that

a like fate does not await him. Some persons seem, when a death occurs in a family, to be in a perfect hurry to have a funeral. Such indecent haste should be prevented by law, and, if necessary, a place provided where the apparently dead may repose in safety till decomposition commences, making death certain. Many persons have been buried with the rose-color of health still on their cheeks, merely because some man called doctor pronounced them dead. Many, apparently dead, have lain a long time in a state called trance, and recovered to live years longer. Doubtless a proper amount of heat would restore many who die for want of it.

CANCER.

Cundurango, a South-American plant, is said to be a cure for this disease. One physician writes, that he has cured several cases by the use of the red-clover-blossom.

CANKER.

What is commonly called canker is produced by saleratus and other poisons used in food. The remedy is to leave off using them.

CHERRIES.

A certain physician used to recommend eating mouldy cheese as a quick cure for sickness arising from having eaten too many cherries. If children swallow cherry-stones, they die unless speedy relief comes by means of emetics and cathartics. If injections of warm suds will not remove them, give a large spoon of castor-oil.

CHOKING.

If children are choked with food or bones, try to remove the obstruction by running the little finger of the right hand as far down the throat as possible; but the finger-nail, if long, may do harm. If this will not do it, give forcible slaps on the upper part of the back; and this will be most likely to force it out. "A violent blowing in a child's nostrils" sometimes removes obstructions. In all such cases, prevention is better than cure.

CHOLERA.

This dreaded disease selects its victims "from all classes and conditions of men, and from all ranks and occupations of life." Nurses and attendants often escape taking it. If fatal, it terminates in from "six to thirty hours usually; although sometimes it is continued through several days." Patients have recovered where "only a little hot drink and external warmth were used." External warmth should always be applied, as persons suffering from cholera are said to suffer more from cold than from any other cause. Some, after being apparently dead, have recovered by being surrounded by bags of hot ashes. A better way of supplying heat, and one that would soon produce perspiration, is to keep a saucer of rum constantly burning under the patient's bed, and have the bed so covered, that the hot air or vapor will surround the body, and keep it warm. No part should be left uncovered, excepting the head; nor should the vapor be allowed to escape from under the bed. After restoration, wash or burn all clothing and bedding used.

COLDS.

Colds or chills taken in summer more often prove fatal than in winter to children. A sudden fall of temperature in summer is often the cause of diarrhœa and summer-complaints; and young children die suddenly from this cause. Additional wool clothing cannot be put on too soon in such cases: a flannel skirt or a sack may be all that is needed, and do much good. Probably those who have cholera would escape it did they not receive a chill. When a person is very tired, thoroughly exhausted, it is much easier to take cold than at other times. Joy keeps the blood circulating briskly, and keeps off a cold; while sorrow has the opposite effect. If people never took colds, it is almost certain they would only die of old age, as it is the common cold, so little feared and oft repeated, that brings on consumption, fevers, rheumatism, and death. Soft woollen clothing is the best preventive of chills; and a cold morning-bath comes next. Of course, the feet must be protected by thick shoes and woollen hose in winter, as they are

exposed to cold continually. If the feet or body must remain wet, — as when a shower comes up, and one is unprepared for it, — animal heat should be kept up by constant exercise; and, in this case, no harm will follow. It is a mistaken notion that the soles of shoes should be thinner in summer than in winter, as grass is always wet in the morning, and there are frequent rains. We lose much health and enjoyment by unsuitable clothing. What child would not enjoy a romp in the fields and woods if provided with suitable coverings for the feet! But "mamma's little lady" loses all this pleasure.

A calico dress worn in the forenoon, and changed for muslin in the afternoon or evening, is productive of colds. Muslin should be worn in summer mornings, as it is quite as cheap as any other fabric. In winter nights, after sleep commences, children often suffer from a hacking cough, which greatly disturbs them. See that their feet are warm; and, if not, put a jug, well corked, of hot water in the bed, some ways below the feet, and give them all the quince-jelly they will eat every time they are waked by coughing. This jelly acts like a charm; but, if no quince can be obtained, a quarter of a teaspoon of paregoric in a little water, with sugar, may be given, but not unless very necessary, as its effect next day is to make the child irritable. For a severe cold give a rum-sweat.

COLIC.

Give peppermint-tea, or a few drops of essence of peppermint in warm water, with sugar.

CONSUMPTION.

This is the result of the common cold as sure as any effect follows it cause; but even this is not without its cure, if taken in season. The first and most essential remedy is exercise in pure air, if able to take exercise: walking or flower-gardening is best. Housework is beneficial, if the doors or windows are open to admit pure air; and horseback-riding, perhaps, comes next. Singing expands and strengthens the lungs so much, that it is almost impossible for the constant singer to have this

disease, unless the singing is done in some theatre, or house improperly called the house of God; for he never made a place so filled with foul gases as the houses where he is "worshipped" by hired singers.

Cheerfulness does a great deal towards curing this disease, and eating only twice a day still more. Consumptives are oppressed with too much food if they eat three meals a day; but what they do eat should be nourishing. Cod-liver-oil is sometimes taken; but it is doubtful if it is of much use. Where one is already overworked, rest and riding do more good than self-exercise. No stimulants are needed, as they retard a cure: especially is this true of alcoholic drinks. No one who persists in using tobacco in any form need expect to get cured of this disease, as that is impossible. It is no wonder that a large proportion of the deaths in cities are caused by consumption, as pure air is impossible where impudent smokers, in defiance of law and decency, pollute the air of a city from one extremity to the other. A Bergh is needed to stand between humanity and slow death by tobacco-poison. A man residing in a certain city lost his health, and removed to his native place to die of consumption. On the breaking-out of the war, thinking he might as well die on the field as anywhere, he volunteered. He served until the close of the war, and "came home a robust, strong man, notwithstanding the hardships he had undergone, and in spite of the predictions of the faculty."

A change of climate by going either South or West is supposed to be beneficial; but probably rest, outdoor air, and new scenes to attract the mind from self, and, above all, hope, accomplish all the good that is done. Dr. Hall gives his opinion that "moderate, continuous bodily activities in the open air, with a mind intensely and pleasurably interested in some highly-remunerative pursuit, will cure any case of consumption where cure is possible; and if this fails, so will all else."

Bathing and sleep should not be neglected, and dress, as well as other things, regulated by rules necessary to general health. Some persons appear to think there is a sovereign virtue in the air around the White Hills of New Hampshire;

and perhaps there is during the middle of the hottest days: but, as soon as night approaches, the change in the temperature is too great to allow of invalids sitting out of doors, as they do, in safety. Many go there only to become worse, or die. They never would think of sitting out of doors at home in such a chilling atmosphere.

CONSTIPATION.

This is not conducive to comfort, health, nor beauty, but may be cured by eating coarse bread, ripe fruits, well-cooked vegetables and meat, and being satisfied with two daily meals.

CONTAGION.

Iodine in a box with a perforated cover is said by a London physician to keep off contagion.

CONTRACTED CORDS.

These may, in some cases, be cured by rubbing often with sunfish-oil, than which nothing is better. Sailors keep and use it for rheumatism, and others can seldom procure it; but it should be kept by apothecaries. Instead of this, when a sunfish is caught, it is left till it becomes a nuisance, and is buried. Cords that cannot be cured can be straightened, leaving a stiff joint, which is better to have than one which is stiff and contracted too. This can be done at home by the patient; and little or no pain attends the operation. If it is a knee that is contracted, and the hip is not injured nor the bones grown together, the person can be made to walk nearly as well as any one. Have a splint with a joint and screw under the knee; bandage the whole limb tightly to it to prevent swelling, and to hold it firm; then very gradually straighten it by turning the screw, only a little each day at first, and it will be found to be a pleasure, rather than a painful operation as it is as usually managed by surgeons. Wear the splint one to two hours each half-day, and rest at night as much as possible. Persevere in this course till the limb is straight. It may take a long time; but a cure is sure to be effected.

CORNS.

These are supposed to be produced by wearing tight shoes. It is not always safe to trust their cure to those who profess to cure them, as death sometimes results. Dr. Hall recommends wearing a piece of buckskin fastened over them, with an aperture the size of the corn, and the corn to be rubbed often with sweet-oil till it is loose enough to be taken out with the fingers.

CROUP.

Croup attacks children very suddenly sometimes; and relief must be speedy, or death may result. This disease is the result of a cold or chill; and warmth is all that is needed, unless the breathing is very bad. Some heat raw onions, and bind on the throat; and others use the oil of a goose, rubbing it on the throat and over the lungs. What is called a rum-sweat would be more effectual, and sooner bring relief. Lay the child into a crib or cot-bed, and burn rum under it as directed for a rum-sweat. It is work to take care of sick children; and but few would die if properly cared for. After giving a child a rum-sweat, it is not safe to leave it through the night, as, if it gets uncovered, it will get chilled, and most likely die. When thoroughly cooled in the morning, give it a towel-bath of water, not too cold nor too warm, and rub it till a good circulation is produced.

CUTS.

Cuts, if deep, must be sewed with a sharp, slim needle and white sewing-silk. If there is any dirt in them, wash in cold water, as "warm is more likely to cause them to bleed." If necessary to plaster them after sewing, buy "surgeons' adhesive plaster," cut it in long, narrow strips, and apply across the cut, and crossing each other obliquely. Geranium-leaves, when bruised and applied to small cuts or bruises, cause them to heal quickly. "The best thing to stop the bleeding of a moderate cut instantly is to cover it profusely with cobweb, or flour and salt, half and half."

DEAFNESS.

This is often caused by the wax drying in the ear, either as

a result of fever, or of a dry wind blowing long on it. Sweet-oil, often applied with a feather, will remove the wax, and, in some cases, cure the deafness. Children are sometimes deaf from having a cold. At bedtime apply several burdock-leaves which have steeped in vinegar a few minutes over the ear affected, cover with several layers of white flannel, and, last, a nightcap. It is always best to try these remedies for some time; and, if they fail, employ none but a first-class surgeon to operate on that delicate organ.

DIARRHŒA.

This may result from various causes; but one of them is said to be drinking lead-pipe water. If persons in cities can get no other water to drink, they had better follow the example of a New-York physician, who purchases a sufficient quantity of ice to afford him all the water needed in his family for drinking and cooking. Refrigerators should be so made as to save all the ice-water in a pure state, with a faucet to draw it off when wanted. A fall of temperature in summer also brings on this disease; and flannel should be worn at all times next the body. The herb called peppermint, made into a tea, warms the bowels, and is beneficial. Violently-hot remedies, such as red pepper, brandy, and others similar, do more harm than good. Sometimes rest is all that is needed to effect a cure. Ripe fruits, if peeled, are a benefit; and well-cooked vegetables do no harm. Rhubarb-jelly is an excellent remedy; and white sugar is used by some as a cure. Water which has hops soaking in it is said to be better than clear water. Ice-water should not be used; but warm drinks are better. Boiled milk is better than fresh, and flour-bread than coarse. Rice is excellent.

Much travel up stairs, as in cities, is weakening to the bowels. There is another cause of chronic diarrhœa; and it is "moderate drinking," usually ending only in death. Hall's "Journal of Health" gives an account of a moderate drinker, "who never dined without his brandy and water, and who was never known to be drunk: he died of chronic diarrhœa, a common end of those who are never intoxicated, and never out of

liquor. Months before he died, — he was a year in dying, — he could eat nothing without distress; and, at death, the whole alimentary canal was a mass of disease."

Half-cooked, indigestible food furnishes some men with an excuse for using brandy at meals; and, in such cases, is the wife wholly guiltless? Food cooked as it should be will digest best without liquors; but the half-cooked is productive of diarrhœa as well as of drinking.

DIPHTHERIA.

Various recipes have been recommended; but warmth should be tried first. Probably a rum-sweat would do more good than all of them.

DRESS.

Very little if any improvement is needed in most men's dress, except to cover the chest more; but the dress of women and children is almost as bad as it is possible to be made. Little girls try to imitate women, even to the horrid stoop which has been so *fashionable*, till they might be mistaken for their grandmothers, so round have their backs become. It is melancholy, and denotes a want of brains. Men never will be convinced that women are superior, or even equal, to them, as long as they continue to torture themselves into all sorts of chronic diseases by dress which they suppose is admired. Changing fashions are ruinous to health.

The lungs are compressed with those instruments of torture called corsets till the wearer can hardly breathe at all; the uterus is pushed down till this becomes a permanent ailment, and all sorts of devices but the right one are endured to effect a cure; the clothing is suspended from the waist instead of the shoulders, where it should be, and this disease is still more aggravated. As if this were not weight enough, stocking-supporters are fastened around the waist, above the hips; to add to the torture, high-heeled boots are worn till the spine becomes so weak, that the individual cannot walk; the toes are pinched so as to make walking impossible (the wearer waddles,

and supposes this fashionable); and the ears are left outside in winter to produce deafness.

It is useless to suppose women will ever dress differently till it becomes fashionable to do so. Frequently may be seen items in the papers stating that a woman has become helpless from paralysis caused by tight lacing, or another has burst a blood-vessel in the same way. Could all the back-chambers and retreats of the sick be unveiled at once, what a sight would meet the wondering gaze! But, unfortunately for those who persist in a wrong course of dress, the sufferers from it are hidden from sight; and so it is supposed safe to go on in this dangerous course. If it is necessary for a man to wear a loose dress, it is much more so for women: if men are not able to carry so many pounds of clothing suspended from the middle of the body, much less so are women. They have all they ought to do to carry themselves around so dressed. It is hoped the time will come that they will dress as sensibly as men do; but it will have to become fashionable first.

Woollen clothing should always be worn next the body, — thick in winter, with high neck and long sleeves; and thin in summer, with short sleeves, and with low neck if wanted: but men's under-garments will have to be purchased for winter, as those made for women are not thicker than gauze flannel. Woven woollen drawers should be worn in winter, held up by suspenders over the shoulders, and attaching to the drawers by hooks in four button-holes. This arrangement is not at all troublesome, and thus a complete wool suit is afforded for a foundation. In summer, the flannel garment should be changed at night, as it is best not to wear any clothing at night which was worn through the day. The clothing should be left in a warm bathing-room to dry at night if possible. Hoop-skirts never should be discarded, as they are a great improvement on a whole load of heavy skirts such as were formerly worn; but these, too, should have a pair of suspenders to hold them up; and all other skirts should be attached to them by four button-holes in the binding of each. Not more than one or two, however, should be worn, as weight without

warmth is a burden; and, if more clothing is needed for warmth, apply it beneath the hoop, and fasten it to one pair or the other of the suspenders.

It is amusing to see stocking-supporters recommended; as if the lower limbs were not able to bear the fastening of the hose around them, while the already burdened hips are invited to do a little more. No corsets or tight waists are needed for health, comfort, nor beauty of outline. Did not her Creator know what he was about when he made woman? By her actions, she says no. Whoever dares to improve on his plan must suffer the consequences; and they are not long in coming. Wrong as it is to dress one's self so, it is much more so to dress children in corsets and tight dresses. I once knew a woman who had the lowest fastening on her little girl's waist much tighter than the others, "so as to make a bishop" of the skirt. Bundles worn on the back heat it too much, and cause spinal diseases. It is no wonder there are no healthy American women; and it is impossible to find a woman who will say she is well, except in answer to "How do you do?"

Lace collars afford more comfort in summer than thicker ones, and have the advantage of being easily done up. When they become yellow, spread them on grass to bleach. Furs should never be worn, as they heat one so much, especially around the neck, that a chill is sure to follow. A woollen scarf is all that is ever needed around the neck. Muffs prevent a healthful and easy manner of walking, doing much harm, and no good whatever. When riding in cold weather, woollen gloves are as warm as are needed. Drapery or loose sleeves in winter are productive of colds and consumption, as the cold air striking under the arms chills the lungs. In summer, short sleeves are sufficient for health. Open bosoms to dresses should not be allowed, as the air chills the lungs too much.

Children should be clothed so as to produce health and comfort; and girls need as thick clothing and shoes as do boys, and, when they get them, should be allowed to play the same as boys without being called tomboy. It is almost impossible to wear

too much clothing in winter, or too little for health in summer, unless the weather changes suddenly to cold: in this case, clothing cannot be increased too soon. Formerly infants' and children's arms and necks suffered in winter from nakedness: now they are bundled up in summer too much, as if one extreme must follow the other. Children's skirts are always made too short, as, when they sit down, a cold seat must be warmed by their body, and a chill must follow. The practice of having a row of buttons on their skirts for them to sit on cannot be pleasant to them. In summer, dresses with low necks are best for young persons, as, when the air passes freely, the perspiration is dried as soon as emitted; but, if soaked up by the clothing, it becomes disagreeable, chilling, and unhealthy. Sitting out of doors in summer is conducive to health, as the air dries the perspiration from the whole body before the clothing can absorb it. Foreign women who come to this country usually have strength enough, and it is due to the short dress, and wide, thick shoes, which enable them to work out of doors, as is their custom "in the old country." But, if they attempt to dress in that way here, they are ridiculed by the young.

There is nothing worse for the feet and spine than wearing high-heeled shoes. It brings the body into an unnatural position, causing a pain in the spine and limbs. Women not only wear shoes so small that they can only waddle instead of walk, but they also pinch the growing feet of children out of all shape. No one can walk a mile in a city without seeing children's feet squeezed into shoes two or three sizes too small for them; and this frequently causes a scowl on their faces. When buying shoes for children, the foot should first be measured in length and width, and the shoes purchased a little longer than this measure. Were this tried, mothers would be surprised to see the difference in the shoes now worn (being actually shorter than the feet) and the measure of the feet. Children should have cheap clothes, and plenty of changes.

A woman may have the appearance of being ten years older or younger by a want of correct taste in dress, or the opposite.

The skin grows darker, usually, as the person grows older; and whether dark naturally, or from the effect of years, no colors are as becoming as red and orange. Such a complexion never appears to advantage in a setting of all white or black, but needs one or the other of these colors to relieve it. Light blue and drab harmonize well, and improve a blonde. Green brings out all the rose-color there is in the face; and those few who have too much of it should avoid this color, while those who have only little are vastly improved by it. Blue and yellow harmonize well, also dark blue and brown. Pink is best for a blonde, but not so becoming to a brunette as red. A woman appears to best advantage when dressed in one sober color for a base, and only one bright color for ornament in bonnet-flowers, gloves, scarf or bow, and other trimmings. The trimming on the dress should be a shade darker than the dress, or black. The woman who always dresses in accordance with the rules of good taste is generally the one who is considered extravagant, simply because she always appears well; while the uninitiated know nothing of her make-up. Black is the cheapest dress, as it can be made over, as long as any thing is left of it, into some kind of a garment; but those dresses which oftenest need washing, as white and light ones, are certainly the neatest as well as most expensive. It is poor economy to buy mixed fabrics, as neither the cloth nor the colors wear well; but all wool, or all cotton, or all linen, are most durable. Linen never should be worn for under-garments. Skirts should always be made of a material easy to wash; although they need not be white for all dresses, brown linen being a good material for them.

"Mourning" is usually worn because it is fashionable. The real mourner has no inclination to bustle about and arrange a completely new toilet in so short a time; and it shows more disrespect to the departed than respect. It is also very expensive; and the poor cannot afford it, but think they must not be singular. Persons of wealth should set them a better example. "But, when ye fast" or mourn, "be not as the hypocrites, of a sad countenance."

DROWNED.

There used to be a small book on philosophy to be studied by children; and in it were directions for floating when accidentally in the water. I never read or heard of but one person who tried it; and she was saved. The directions were to lie on the back, spread out the limbs and fingers to make as much breadth as possible, and, keeping the feet a little lower than the head, fill the lungs as deeply as possible at each breathing; also lie quietly till help comes. It is asserted that any one who is not frightened can swim; but some persons are so sure they shall drown, that they do. Not long since, a man was floundering about in the Mississippi River, and called to the pilot of a passing steamboat to come and save him. The pilot told him to stand up; and he did so, finding there were only three feet of water for him to drown in. Very fleshy people cannot sink easily, but float like cork.

It is an erroneous idea that persons should be given up as dead without making an effort to save them, even if they were in the water some time. A little girl ten years of age, while bathing in a river, "sank; and her companion went for assistance. She was found about half an hour after she sank, taken to the shore, and appeared to be dead. The usual remedies were applied; and, about twelve hours after she was taken out, she became slightly conscious, but did not gain her entire consciousness until two days after."

It is feared many persons are given up who might be saved by persistent effort. After being in water, they suffer more from cold than from any other cause. Breathing must be restored first, and warmth continued all the time till recovery is certain.

Here are directions for restoring the apparently drowned: —

"The leading principles of the following directions for the restoration of the apparently dead from drowning are founded on those of the late Dr. Marshall Hall, combined with those of Dr. H. R. Sylvester; and are the result of extensive inquiries which were made by the Royal National Life-boat Institution of England among medical men, medical bodies, and coroners

throughout the kingdom. These directions have been extensively circulated throughout the United Kingdom and in the Colonies: they are also in use in the navy, in the coast-guard service, and at all the stations of the British army both at home and abroad.

I.

"Send immediately for medical assistance, blankets, and dry clothing; but proceed to treat the patient instantly on the spot, in the open air, with the face downward, whether on shore or afloat; exposing the face, neck, and chest to the wind, except in severe weather, and removing all tight clothing from the neck and chest, especially the braces. The points to be aimed at are, first and immediately, the restoration of breathing; and secondly, after breathing is restored, the promotion of warmth and circulation. The efforts to restore breathing must be commenced immediately and energetically, and persevered in for one or two hours, or until a medical man has pronounced that life is extinct. Efforts to promote warmth and circulation, beyond removing the wet clothes and drying the skin, must not be made until the first appearance of natural breathing has recommenced; for, if circulation of the blood be induced before breathing, the restoration to life will be endangered.

II.

"To clear the throat, place the patient on the floor or ground, with the face downwards, and one of the arms under the forehead; in which position all fluids will more readily escape by the mouth, and the tongue itself will fall forward, leaving the entrance into the windpipe free. Assist this operation by wiping and cleansing the mouth. If satisfactory breathing commences, use the treatment described below to promote warmth. If there be only slight breathing, or no breathing, or if the breathing fail, then, to excite breathing, turn the patient well and instantly on the side, supporting the head, and excite the nostrils with snuff, hartshorn, and smelling-salts, or tickle the throat with a feather if at hand. Rub the chest and face warm, and dash cold water, or cold and warm

water alternately, on them. If there be no success, lose not a moment, but instantly, to imitate breathing, replace the patient on the face, raising and supporting the chest well on a folded coat or other article of dress. Turn the body very gently on the side and a little beyond, and then briskly on the face, back again, repeating these measures cautiously, efficiently, and perseveringly, about fifteen times in the minute, or once every four or five seconds, occasionally varying the side.

"On each occasion that the body is replaced on the face, make uniform but efficient pressure, with brisk movement, on the back, between and below the shoulder-blades, or bones on each side, removing the pressure immediately before turning the body on the side. During the whole of the operations, let one person attend solely to the movements of the head, and of the arm placed under it (the first measure increases the expiration; the second commences inspiration): the result is respiration or natural breathing, and, if not too late, life. While the above operations are being proceeded with, dry the hands and feet, and, as soon as dry clothing or blankets can be procured, strip the body, and cover or gradually reclothe it, taking care not to interfere with the efforts to restore breathing.

III.

"Should these efforts not prove successful in the course of from two to five minutes, proceed to imitate breathing by Dr. Sylvester's method, as follows: —

"Place the patient on the back on a flat surface inclined a little upwards from the feet; raise and support the head and shoulders on a small firm cushion, or folded article of dress, placed under the shoulder-blades. Cleanse the mouth and nostrils; draw forward the patient's tongue, and keep it projecting beyond the lips: an elastic band over the tongue and under the chin will answer this purpose; or a piece of string or tape may be tied round them; or, by raising the lower jaw, the teeth may be made to retain the tongue in that position. Remove all tight clothing from about the neck and chest, especially the braces.

"To imitate the movements of breathing, standing at the patient's head, grasp the arms gently and steadily upwards above the head, and keep them stretched upwards for two seconds (by this means, air is drawn into the lungs); then turn down the patient's arms, and press them gently and firmly for two seconds against the sides of the chest (by this means, air is pressed out of the lungs).

"Repeat these measures alternately, deliberately, and perseveringly, about fifteen times in a minute, until a spontaneous effort to respire is perceived; immediately upon which cease to imitate the movements of breathing, and proceed to induce circulation and warmth.

IV.

"After natural breathing has been restored, to promote warmth and circulation wrap the patient in dry blankets; commence rubbing the limbs upward with firm, grasping pressure and energy, using handkerchiefs, flannels, &c. (by this measure, the blood is propelled along the veins towards the heart). The friction must be continued under the blanket, or over the dry clothing. Promote the warmth of the body by the application of hot flannels, bottles, or bladders of hot water, heated bricks, &c., to the pit of the stomach, the arm-pits, between the thighs, and to the soles of the feet. If the patient has been carried to a house after respiration has been restored, be careful to let the air play freely about the room.

"On the restoration of life, a teaspoonful of warm water should be given; and then, if the power of swallowing has returned, small quantities of wine, warm brandy and water, or coffee, should be administered. The patient should be kept in bed, and a disposition to sleep encouraged.

"The above treatment should be persevered in for some hours, as it is an erroneous opinion that persons are irrecoverable because life does not soon make its appearance; persons having been restored after persevering for many hours.

"The appearances which generally accompany death are, breathing and the heart's action cease entirely; the eyelids are

generally half closed, the pupils dilated, the jaws clinched, the fingers semi-contracted; the tongue approaches to the under edges of the lips, and these, as well as the nostrils, are covered with a frothy mucus. Coldness and pallor of surface increase.

"Prevent unnecessary crowding of persons round the body, especially if in an apartment. Avoid rough usage; and do not allow the body to remain on the back, unless the tongue is secured. Under no circumstances hold the body up by the feet. On no account place the body in a warm bath, unless under medical direction; and, even then, it should only be employed as a momentary excitant.

"The actual condition is here due to the same cause as in death by hanging, — the non-entrance of air into the lungs. If repeated attempts at breathing be made while the patient is in the water, air will escape from the chest, and water may pass into the air-passages; but this intrusion of water is no necessary condition of drowning.

"Hence no attempts need be made, as our forefathers taught, to remove the water from the chest by rolling the body, face downwards, on a barrel, &c."

A vessel containing burning rum under the bed would be the most effectual way of restoring warmth after breathing has commenced.

DRUNKENNESS.

If moderate drinking is not a sin, certainly drunkenness is not; for the habit becomes so fixed, that it is next to impossible for the drunkard to leave off drinking. The first step in any crime is as criminal as the last; for all know to what it leads. But, if the drunkard has no power to reform himself, his friends may have; and he should be regarded as insane, and treated as such: in this way, recovery is possible.

One would think it would be enough to read what villanous compounds are sold for drink to deter any person from their use; and even unadulterated grape-wine is not made in the neatest possible manner, if treading it out is the custom, as asserted.

Absinthe-drinking has become, it is said, common in Paris;

although the article is a dangerous, intoxicating poison. It seems, its friends say, "to impart renewed activity to an enfeebled brain, developing a world of new ideas." It is much better that an enfeebled brain should rest, instead of being goaded on when tired.

"Those who habitually use it soon find that they can produce positively nothing in literature without its aid, and that a time arrives when heavy stupor supersedes that excitement of the intellectual faculties which once seemed so easy and so harmless. It is an ignoble poison, destroying life not until it has more or less brutalized its votaries, and made drivelling idiots of them."

Here is an extract, from a newspaper, on wine: "No variety of wine is more dangerous to use than what is called claret. It is usually a vile mixture. Thousands of gallons are made by allowing water to soak through shavings, and adding thereto a certain proportion of logwood and tartaric acid and a little alcohol. Good judges can hardly discriminate between this and the genuine article."

It is probable that no liquors sold are any purer than this mixture, all being more or less adulterated, and mixed with poisons to give them strength or fire. Even home-made wine, although pure, is not safe to use as a drink.

"A reclaimed drunkard went to a neighboring town to attend a funeral. On the way he stopped at the house of an acquaintance, and the lady of the house congratulated him on his reform. He asked for a glass of water: she brought him a glass of domestic wine, which he thoughtlessly drank. This caused a return of his old appetite, and he went out and got drunk. The next morning, in the Police Court, he paid a fine by selling his overcoat, and, having twenty-five cents left, got drunk again without leaving Court Square, and was again taken to the Tombs, where he was found by his friends, and taken home in an almost crazed condition."

"Pure liquors" are made by the aid of camphene, benzine, strychnine, logwood, tartaric acid, elderberries, cocculus indicus, grains of paradise, copperas, and many other things.

"Ten dollars' worth of strychnine or other poisonous drugs will impart to a barrel of beer double the strength of that value of hops; and, with the present skill in chemical preparations, hardly a gallon of pure liquor is necessary to produce thousands of gallons. The California wines offered for sale are very largely but the made-up manufacture of certain establishments in this city." This last extract is from "The New-York Commonwealth."

Of cider-drinking in former times Greeley says, "The farmer, returning weary from his daily toil, ate his supper, and sat down by his fireside to talk and drink through the evening. Mug after mug of cider was drawn and drank; neighbors dropping in to share with his family the chat and its exhilaration. The boys who graduated from those firesides too often evinced at an early age an insatiable appetite for stimulants; an appetite created, but by no means satisfied, by cider; an appetite which very often consigned them to early and unhonored graves. I have known whole families to be burnt out, and their farm sacrificed, by the fiery thirst palpably generated by sucking and soaking around the family cider-barrel."

This is true, as every one knows who has had any opportunity for observation; and yet we are constantly told by some that cider-drinking is harmless, and not in itself intoxicating. I once saw a child, two and a half years of age, who could hardly walk after drinking a considerable quantity of cider.

Dr. Chandler of St. Alban's, Vt., writes, "I have never known an instance of recovery from habitual drunkenness except by *total* abstinence *at once* from all intoxicating beverages; and, in a professional practice exceeding half a century, I have never known death or disaster of any sort to follow as the result of such treatment; and I have never known an instance of ultimate prosperity in business, in any young man, who commenced with indulgence in alcoholic convivialities."

"Mr. Smith, the governor of the Edinburgh jail, states, that, out of one hundred and fifty thousand criminals who had passed through his hands, — many of whom had been great drinkers, and whose liquor was cut off when they crossed the

jail-door, — not one case of injury had occurred by the drink being taken from the person at once."

It requires a person of strong will to cure himself of drunkenness; and even then he may require aid. The prescription by which John Vine Hall was assisted to reform, and which he published to save others, is as follows: "Sulphate of iron, five grains; magnesia, ten grains; peppermint-water, eleven drachms; spirit of nutmeg, one drachm: twice a day."

Probably a persistent use of lemonade would be just as beneficial.

It is said that the Dutch cure drunkenness by secluding the patient, and mixing alcohol in all his food and drink till he becomes sick of it, and a little longer.

DYSPEPSIA.

Dyspepsia is caused by irregular eating, either between meals or in a hurry, or too many times in a day, or by improper, half-cooked food. No person can be well, or live to great age, who eats between meals. It frequently brings on other diseases. No grown person should ever eat more than two full meals a day; and the dyspeptic would soon enjoy health if this rule were followed, as no drugs, nor any thing else but moderate eating of thoroughly-cooked food, are needed to cure this disease.

EAR-ACHE.

Ear-ache is often produced by getting cold, and may be relieved quickly by applying sweet-oil on cotton or wool to the inside of the ear, or using a feather to convey the oil. If this is not effectual, steep some burdock-leaves, either green or dry, in vinegar, and apply them over the ear as hot as may be endured; bind on several layers of old white flannel, and lie down. Children who sleep in a cold room in winter sometimes suffer from ear-ache, when all that is needed is a flannel night-cap: it should not be tied tight enough to hurt them, but in a single bow-knot. Here is an extract from a newspaper: "A little boy (giving name) died a day or two since of paralysis induced by laying his ears on the rails of a railroad-track to

hear the sound produced by other boys pounding the track with stones."

EYES.

When dirt or any foreign substance gets into the eye, a person who has calm nerves should turn up the eyelid; and, if the substance is seen, it may be taken out with the point of a lead-pencil without injuring the eye; or first wash it in milk and water, as this is sometimes all that is necessary.

Here is an extract from "The Scientific American:"—

"Take a horsehair, and double it so as to leave a loop; and, if the mote can be seen, lay the loop over it, close the eye, and then draw out the loop. The mote will come with it. If the mote cannot be seen, place the loop as far in the eye as possible; then close the eye, and roll the ball round a few times; draw out the hair, and the mote will probably be found on it."

The eye never should be rubbed with the fingers unless they are perfectly clean, as it is the most delicate and sensitive part of the body. A young milliner dangerously poisoned one of her eyes by rubbing it after handling French flowers. "Persons addicted to solitary vice sometimes ruin or injure the eyes in rubbing them."

If any lime gets in the eyes, its effects may be neutralized if cider-vinegar is immediately applied. Veils worn out of doors to preserve the complexion greatly injure the eyes; so do curls worn to hang near the eyes. Reading when sick or when reclining weakens the eyes; so does an insufficient light, or trying to study or work when sleepy. Evening work or study that requires eyesight should never be allowed: evening was made for rest and enjoyment. If persons did not injure their eyes needlessly, it is doubtful if glasses would ever be needed; but, if they are, it is poor economy to continue to wear them if they do not fit the sight. Near sight is a defect which sometimes ends in blindness. If the eyes are defective, it is cheapest to employ none but a first-class oculist, and this before it is too late. Children with a cold sometimes have gummy eyes: wash them in milk and water, or clean warm water, with soft linen.

FAINTING.

Dr. Hall says, "If a man faints, place him on his back, and let him alone." If a woman faints, most likely it is because her clothing is so tight it has stopped her breath: therefore loosen it; and, if bound by lacings, cut them at once. Sometimes fainting is caused by foul air; and the person recovers on being carried out of doors. A glass of water should be given.

FELON.

If not attended to in season, the finger has to be lanced, and, in some cases, the bone scraped: to prevent this, make a lye by pouring boiling water on wood-ashes, and put the felon into it as hot as can be endured, and keep it there as long as convenient. Repeat this if necessary.

FEVERS.

A fever is the result of a common cold or chill. Drugs do no good whatever in such cases, and good nursing is all that is needed. The fever-patient needs a comparatively cool room, and plenty of drinks: but perspiration should be produced first, and the greatest danger is over; and, to this end, nothing is so good as a rum-sweat taken in bed: see the article relating to this. Next the bowels must be evacuated, and kept regular every day, as a fever dries the contents of the intestines, and causes pain and nervousness. A rubber syringe, and warm suds made with common bar-soap, are best to effect this; and, if there is not a discharge each day, an injection should be given each night before dark. Some persons prefer to take castor-oil; and two large spoons of it is considered a dose for a man; half that for a child: but the child would prefer the injection. Castor-oil is best taken in lemonade; and this is excellent for fevers.

Those sick with fevers usually suffer much from thirst, and continually want cold water: this is bad for them, as it prolongs the fever; while warm drinks are a powerful aid in curing a fever, and, at the same time, satisfy thirst better than cold ones. If the head suffers from pain or heat, never do as

some ignorant persons do (place ice or cold water on the head), but wet a cotton cloth in *warm* water; and it relieves the head as soon as applied: renew it often. If the feet are cold, place a stone jug, tightly corked, of hot water as far below the feet as may be; and this warms the bed sufficiently.

Those having the care of the sick never should dispute with them, but indulge them in every thing that will not harm them: they will recover much sooner for it. The next most important thing is food. They should have soups made of lean meat or poultry, with beans, dried peas, or rice cooked in them; and hardly any thing which they want, if well cooked, would injure them. Sick persons usually know very decidedly what they want to eat; and it seldom hurts them. Many suffer more for want of sufficient, proper food, when sick, than for any thing else; and their recovery is delayed by it. Why feed the sick on drugs and liquors when food is all they want and need?

Scarlet-fever is attended with a flushed face and a sore throat. In some cases it is very light, and in others severe. The foregoing treatment will cure it; but if perspiration is suddenly checked, causing a chill, another rum-sweat must be given.

Typhoid-fever is dreaded by some, but may be had very lightly. It commences usually with a headache and diarrhœa, which last several days; and, after recovery, the person is liable to bloat, giving a fleshy appearance. In severe cases, the hair falls off.

Workmen in New Orleans, with yellow-fever all around them, escaped it when surrounded with the fumes of burning tar. Children should be kept quiet in fevers, and not be talked to. It is difficult to ascertain what ails them, and difficult to manage them. Pennyroyal-tea is good for them, and produces perspiration; but care must be used that they do not get uncovered and chilled, as this alone might cause death. When away from home in summer (all children are better at home in winter) where there are no conveniences for sickness, a child with a slight fever may be wrapped in blankets till it

perspires; also wrap the feet in flannel wrung out of hot water, with dry flannel over that. Give sage-tea; an injection, if necessary; and, if the child wants huckleberries, it will not be injured in the least by them. Ripe fruit is more easily digested than bread, and is a great benefit in most kinds of disease; but those sorts protected with a skin should be peeled. Currants and gooseberries would do harm; but other berries, together with ripe oranges, peaches, grapes, melons, and, above all, tomatoes, are a great help to recovery from fevers. Even raw apples, if ripe and peeled, do no harm.

FITS.

These are usually caused in children under two and a half years by teething. For directions, see "Teething." Sometimes children swallow cherry-stones, causing fits; and, if not relieved by vomiting and purging, they soon die.

There is said to be another cause of fits in children; and this is poisoned candy. "Dr. Gifford of Gloucester, Mass., reports in 'The Boston Medical and Surgical Journal' the case of a child, three years old, to whom he was called two hours after the child had eaten seven worm-lozenges, and whom he found in spasms involving every muscle, speechless, and motionless except in a spasmodic way, the body hot, and bathed in perspiration. The child was saved after considerable effort; and an analysis of one of the lozenges such as the child had taken showed the presence of strychnia, the most deadly of poisons."

It is not safe for children to eat candy or lozenges. Another child, of the same age, was similarly affected after eating a stick and a half of white candy; and there was no other apparent cause for the convulsion. He was saved by emetics and cathartics, but did not regain his former health for several weeks. I have known a healthy child to fall asleep before his usual bedtime after eating common lozenges, and could not be waked at all for twelve hours, but appeared as one half-dead.

Adult persons having fits are sometimes cured of them. Strict attention should be given to diet, and the extremities

watched and kept warm, as it is necessary that a healthy circulation of the blood should be kept up. Only two meals a day ought to be allowed, and no stimulants whatever.

FROZEN.

It is said that castor-oil on cotton has restored frost-bitten limbs where amputation was thought to be necessary. It should be rubbed on the face and ears when chilled. No frozen or chilled flesh should have any thing warm near it; but it should be rubbed with snow, or bathed in cold water. It is said that persons when near freezing are inclined to sleep, but should keep awake at all events, or death will follow sleep.

GOUT.

Perhaps the custom of changing boots for slippers at night is one cause of gout, especially where only an open fire is used.

HAIR.

The hair is best preserved by preserving the health of the whole body. Bathing has a good effect on it; and the head should be wet when the body is. Cold water is not injurious to the hair; although many are afraid to use it, and, instead, plaster up the pores of the head with animal grease under various high-sounding names, to the certain injury of the hair. Many persons, too, suppose a fine comb injures the head; but it does not: the impurities can be removed in no other way; and these, if remaining, do injure it by filling up the pores. Cleanness and daily combing are all that is needed to preserve the hair.

The time of life in which hair turns gray depends very much on the vitality of the person, and family to which that person belongs. The younger members of a family usually become gray sooner than the older ones. Some turn gray very young; and such persons usually belong to short-lived or feeble families, unless there is some other cause for it. Severe sorrow or fright causes the hair to turn. Sometimes a period of sickness or sorrow will cause the hair to *begin* to turn; and if the sorrow is abated, or lessened by time, the hair will remain for years in that state without becoming any nearer white in the mass.

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A lady living in New Hampshire, seventy-four years of age, has brown hair all over her head, excepting a few spires near her ears. She is as vigorous in mind as in body, and belongs to a healthy, long-lived family.

No hair-dyes are fit to use on the hair, as all contain lead or other ingredients which injure the head. If the hair becomes gray or white, it is best to wear it so, — "a crown of glory." Children are most comfortable in summer with short hair, and do not appreciate curls as much as do their mothers, especially when combing-time comes. We should do what is most conducive to their health, and not torture them to gratify our pride.

Infants' heads are usually covered with dust and dandruff if not often removed; and some, in trying to remove it, make the head sore. It is easily removed without hurting the child if the head is first rubbed with sweet-oil; use a fine comb, wash, and wipe the head dry.

A simple style of dressing the hair shows a more correct taste than following every dangerous fashion that comes along. When vanity prompts a woman to fasten her head-dress or hair on by sticking long pins through it into her head, it has gone a little too far. One man expressed the opinion that women were not fit to vote because they did not know how to do up their hair. He was not far from right. Wide braids always appear well, and may be fastened so as not to injure the head if one has much hair. If there is only little, it shows to better advantage if curled naturally. But no woman should be seen with long hair hanging loosely down her back: this is decidedly out of taste. The huge wool-cushions so long worn were an injury to the hair and the head, by pulling the hair out where fastened, and by heating the head too much, to say nothing of the dangerous insects concealed in them, which ate their way through the skull into the brain, causing death after much suffering. Let us hope this fashion of wearing the hair never will return. When bonnets were worn to slip back from the head continually, they caused much baldness among women; and this led to the wearing of hats and wool-cushions.

Fastening the hair by a string near the roots injures the head by the strain on it, and causes baldness.

HANG-NAILS.

These are caused by the growth of the finger-nails and the tightness of the cuticle attaching to them. It should be loosened frequently with a small knife.

HEADACHE.

This is sometimes caused by too much blood flowing to the head. It should be drawn down by soaking the feet in warm water, and using mustard on them too if necessary; or put a little mustard in the water, and then keep the feet warm. A cotton or linen cloth wrung out of warm water, and laid on the head, always relieves it. The bowels should be kept in a healthy condition.

HEART-DISEASE.

This is usually caused by violent exertion or overwork, either when too young for hard work, or working beyond one's strength. Running up stairs often is sufficient to produce it, and never should be done. Stairs waste more of a person's strength than is generally believed till strength is gone. No medicine will reach this disease; but rest, and care to avoid excitement and undue exertion, may, if not long seated. No stimulant, such as coffee, tea, or liquors, should be allowed. Dizziness sometimes accompanies this disease, and great care is necessary to preserve quiet.

HYDROPHOBIA.

"A girl thirteen years of age, the daughter of an innkeeper in France, died from hydrophobia after three days of dreadful sufferings. She had never been bitten by a dog, but had often played with one belonging to her father, which was killed in a rabid state. As she sometimes allowed the animal to lick her face at a time when she had a small sore on her lip, the virus is supposed to have been communicated to her in that manner." Not a very safe playmate for a child.

A man recently died of this disease; and here is the account of it: "For about a week from the first attack he was moder-

ately sick, and it was thought that he was suffering from partial paralysis of the muscles of the face: but the affection toward the last rapidly grew worse; and, for a few hours before his death, the paroxysms were extremely violent. He was bitten in the face by a dog about twenty years ago."

"Bromide of potassa" is said to be a cure for this disease; and "crystal of the nitrate of silver, rubbed into the wound," it is said, will prevent it.

Here is one more newspaper extract. Dr. Sumpter writes to "Public Opinion" as follows: "Without infringing any rule of professional etiquette, I think it right to call attention to the very obvious error committed by most people suffering from the bite of a dog, whether proved to be rabid or not, after examining the wound, of directly replacing upon the part or parts bitten the very same garment or covering through which the may-be envenomed fangs have passed, thus supplying the very conditions necessary to the local absorption of most poisons, — i.e., an abraded cuticular surface, and an opposed virus; for it may be taken for granted, that, when the rabid dog's tooth passes through clothing before reaching flesh, more of the virus of hydrophobia is in the covering than in the wound. I call public attention to this; for I believe the only measures of any use are directly after the bite, — first to remove the poison by local suction, or by cupping-glass and excision; secondly, to improve general health, and thus predispose against any after ill effects."

I once read of a Frenchman who was taken with hydrophobia, and who commenced dancing: he kept it up a long time, producing such a perspiration that his life was saved.

It is difficult to see that dogs are of any great use, as they do quite as much harm as good: children, especially boys, will not let them alone, and often get bitten in return. Burglars care nothing about them; and sheep-raising is of very little profit to what it should be, as so many sheep and lambs are killed by dogs.

INSANITY.

Some of the causes of insanity are over-work and unkind-

ness, loss of property or of dear friends, old age and decay, the marriage of near relatives, cold bathing while heated, fright, drinking stimulants, remorse, religious fears, and self-abuse.

Many persons, especially women, have a dread of insane asylums, and would prefer death to imprisonment in one of them; but it is not for any of us to choose death, and the next best thing should be done. There is great opportunity for abuse in such asylums, which are necessarily prisons; but, when persons become so violent that they cannot be taken care of anywhere else, they are better to be sent there.

It is not an unheard-of thing now for healthy wives to be sent to such asylums by husbands who are tired of them, and who only need the certificate of any man called physician to send them there; and any male who chooses can be a physician.

In curing the insane, the rules regulating general health should be followed; and the next most important duty is to treat them with kindness; although firmness is at the same time necessary, as in governing children: but no opposition should be shown to them unless violent. Insanity which takes the form of melancholy is hardest to cure.

Insanity arising from old age is a decay of the senses; and such persons are not usually violent, but need constant watching to keep them out of danger. Marriage is considered by the best physicians as the only cure for insanity caused by self-abuse. Music such as is worthy the name is a great help in curing or preventing insanity; so, too, is true religion, but not the spurious article which works only on fear.

IVY-POISON.

American ivy is poisonous to the touch, and causes a redness and itching in spots or small stripes over the entire person, including the face. Bathe once or twice a day in warm water, adding a cup of coarse salt to each quart of water; and, after drying with towels, apply sweet cream to the affected parts: this is all that is necessary to a cure.

LIGHTNING.

There is little safety anywhere from lightning, as it has been known to play the strangest freaks, and strike persons who were considered to be in the safest places. Persons under trees are usually struck; and a tall tree overhanging a house is a better protector than the most approved lightning-rod. One such, a fine elm, has been struck many times, while the house under its shadow never has been once.

It is said that lightning-rods are of no use unless ending in moist earth, and it is recommended to water them twice a week in dry weather. If so, the trouble is more than they are worth.

Persons are struck sometimes while using a needle, which is supposed to draw the lightning: on the other hand, feather-beds are not always safe places, as persons on them have been struck.

LINEN.

Lint should be scraped, or, which is better, pulled (by ravelling old linen into threads), and saved ready for accidents: also all old white linen should be washed, ironed, and laid away with it; old linen being much better for a dressing to wounds and sores than cotton cloth.

MEASLES.

This disease causes a person to feel very uncomfortable and sick till it breaks out. It is attended with a disagreeable odor; but good nursing is all that is needed, and care not to get chilled. Warm drinks are better than cold. It should not last over a week; and the eyes should not be used much for a week or more after that.

MILK-LEG.

This is caused, after birth, by a cold or chill. Keep bags of hops which have been steeped in water or cider-vinegar on the limb or limbs affected till no longer necessary, and rub the limbs when the hops are changed for hot ones, which should be as often as they become cool.

MUMPS.

This disease is not painful nor dangerous unless a chill is taken: great care is necessary to avoid this, and also to avoid using the eyes too much. It lasts about a week; and, the more the face swells, the less is the danger.

NERVOUSNESS.

This is occasioned by general ill health, which attention to rules for general health would cure.

NEURALGIA.

This somewhat resembles rheumatism in being painful, and, like that, is the result of a chill. Applications of hot hops steeped in water or cider-vinegar ease the pain: so does a rum-sweat. The latter, if followed up, will cure it.

NIGHT-COUGH.

Give plenty of quince-jelly made as directed in preserves, and keep the feet warm; also the air pure in the room. There is so much of a gummy substance in the cores of quinces, that it makes the best part of the jelly, and is the best thing for a cough.

NOSE-BLEED.

A slight bleeding of the nose is beneficial, and relieves the head, but, if long continued, would cause death: it should be checked by drawing the blood down to the feet; and, to do this, put them into a tub of warm water till the blood ceases to overflow.

OIL.

Vegetable is preferable to animal oil in all uses about the person. There is little if any olive-oil in this country; and that which is sold under the name is made from Western swine, or is pressed out of the seeds of the cotton-plant. Castor-oil is not easily imitated, and is better for burns than any other, as its thickness excludes the air better. Palm-oil is good for making salve. "A child was fatally poisoned by taking oil of cedar used as a liniment."

OPIUM.

Opium is too extensively used at present, and produces a sort of intoxication. A long use of it shatters the constitution, and tortures the eater, till, in some cases, suicide is resorted to as the only relief from the load of suffering. Opium-eating becomes a disease, which should be intrusted only to the most careful and skilful physician.

OVERWORK.

No person can enjoy health who does not exercise daily; and, to this end, much time and strength are wasted by some who will do almost any thing but work to obtain it. Young women will take any kind and amount of exercise if it is not housework; and yet this is the best kind as yet discovered to insure health to women. It exercises all parts of the body, and injures none if each would do her part: but there are such persons in the world as weary, overworked mothers; and they, if they have daughters, should show them where can be found plenty of the best exercise. No person lives who does not make work; but a great many live who do not do their share of work. No person who lives has a moral right to live in idleness, unless disabled in some manner; and it is because such a multitude do live so that the workers are overworked, literally wearing out while the others rust out.

Ruskin, who is called "the eccentric," and who has reason to be proud of the appellation, says of working and thinking, "We are always, in these days, trying to separate the two: we want one man to be always thinking, and another to be always working; and we call one a gentleman, and the other an operative: whereas the workman ought often to be thinking, and the thinker often to be working; and both should be gentlemen in the best sense. As it is, we make both ungentle, — the one envying, the other despising, his brother; and the mass of society is made up of morbid thinkers and miserable workers."

But, while even the morbid thinkers may do some good, what can be said in praise of the class of gay butterflies whose

boast it is, that, while they have no occupation in this world, they are exceedingly busy doing nothing? Married women, at the present day, are overworked for want of help, and are dying by inches of this alone. Not the favored few, but the struggling many, are here meant. If it be true, as one man asserted, that pianos have made butter scarce and dear, still more have they affected the hard-working mother of a family. The daughters of the poorest in many towns, with a few noble exceptions, will not soil their white hands by helping their mother do the housework. But housework need not soil the hands, as a finger-brush will remove all stains; and the soul will be all the whiter for duty done.

Mothers of large or even of small families need the influence of church-meeting on the sabbath, more than other persons, to calm their nerves, and elevate them above their petty cares and anxieties; but fashionable churches, as generally regulated, tend to aggravate nervousness. Pure air is wholly excluded by closed windows both in summer and winter, and nothing breathed but the impure air sent from several hundred lungs. The light through closed blinds and painted or ground glass is "more dim than religious;" and the services, of which the congregation are only spectators, slightly operatic in tendency.

PIMPLES.

Pimples on the face and neck are caused by bathing these parts oftener than the other parts of the body; and the pores which are liberated have all the work to do of expelling impurities from the whole body. Bathing, and attention to diet, will cure them; but no other outward application ever will.

PLASTER.

A mustard-plaster is too powerful if made alone; but meal or flour should be mixed with molasses, and the ground mustard sprinkled over it: a clean, fine muslin should be spread over the mustard before applying the plaster.

POISON.

Many poisonous ingredients are put into food and drink which are made to sell. It is not safe to use cooking-powders or prepared flour; and much of the food made to sell is unsafe to eat. Families have been poisoned from eating cheese, canned pie-plant, flour ground in a mill where the stones had been mended with lead, colored pop-corn, candy, and other things. Prussic acid, although a poison, is put into cigars. Unwashed wool, if in contact with a sore, introduces poison into the system. The damper of a coal-stove should not be shut when a fire is burning, nor should the door be opened, as either will send the coal-gas into the room; and this is poison to breathe. Tobacco poisons those unaccustomed to the use of it. Some green wall-paper poisons those who sleep in the room with it; and any other color in clothing is better than green. "A child in Ohio died from the effects of Paris green taken from a railroad conductor's check which she held in her mouth." Bed-bug and rat poisons never should be kept or used in a house, as there is no necessity for them; and many persons have been poisoned by them through mistake. Numerous mistakes have been made in selling drugs, and persons poisoned in consequence.

Fly-paper never should be allowed to be sold or used. It is made by spreading arsenic on paper. A woman is said to have died from the effects of poison received by a fly alighting on her nose, where was a slight scratch. The fly had previously been on some patent fly-paper.

Spirits of turpentine is said to be a remedy for phosphorus taken from matches; but matches ought to kept out of the reach of children.

Dr. Hall writes, "If any poison is swallowed, drink instantly half a glass of cold water, with a heaping teaspoonful each of common salt and ground mustard stirred into it. This vomits as soon as it reaches the stomach: but, for fear some of the poison may remain, swallow the white of one or two raw eggs, or drink a cup of strong coffee, these two articles being antidotes for a greater number of poisons than any dozen other

articles known, with the advantage of their always being at hand; if not, a pint of sweet-oil or lamp-oil (probably kerosene is not meant), or lard, are good substances, especially if they vomit quickly."

RHEUMATISM.

This appears to be caused by cold and dampness together, producing a chill in the person. The acute rheumatism sometimes lasts only six weeks, it is said.

"N. J. Butler, L.C.P.L., writes to 'The Medical Press and Circular' that he has tested with most gratifying results the efficacy of valerian, in the form of a bath, in arresting the most violent attacks of acute rheumatism. The bath is made by gently boiling one pound of valerian-root for a quarter of an hour in one gallon of water, straining, and adding the strained liquid to about twenty gallons of water in an ordinary bath-tub. The temperature should be about ninety-eight degrees, and the time of immersion about twenty minutes to half an hour. After coming out of the bath, the patient should be rubbed till completely dry. If the inflammation continue in any of the joints, apply poultices made of linseed-meal wet up with a strong decoction of valerian-root."

Chronic rheumatism is not so easily got rid of, as the most severe cases seem to baffle the skill of physicians; but the world moves, and even this may find a cure some day. Any thing cold adds to the pain; while hops or burdocks steeped in vinegar or water, and applied hot, relieve it, and promote sleep. Damp rooms and houses should be avoided, and clean clothing should not have a particle of dampness in it when put on. The extremities should be kept warm, and sunlight freely admitted. Flannel should be worn on the body both summer and winter. A rum-sweat, if used in season, would be beneficial

RUM-SWEAT.

Most diseases are produced by first taking cold. The perspiration is checked, and becomes an inward poison, affecting the weakest part; and nothing will better or sooner restore perspiration, and with it health, than this simple remedy,—

so simple, that it may be despised without a thought of its efficacy. If the patient is able to sit up, a chair with a wooden seat should be used to prevent burning. Wrap several blankets entirely around patient and chair, leaving nothing out but the head; light a small piece of cotton cloth, and throw into a saucer of rum, and, if the rum is too weak to burn, use alcohol with a little water in it; place the saucer under the chair, and fill up with rum as often as it burns out, till the patient's face is covered in perspiration. Do not uncover, but help the patient into bed wrapped in the blankets. If perspiration is too profuse, remove one blanket at a time, but leave enough on to cause a slight perspiration to be seen on the upper lip all night. Towards morning, it will do to cool off; and a towel-bath should be used then, and the clothing changed for that which is hot and dry.

Persons unable to sit up should receive this treatment on a cot-bed, and children in a crib, with the covering placed so that the vapor cannot escape, but pass freely around the person; but children must be watched all night, or they get uncovered, and make a bad matter worse. It is easier to soak the feet in water, and does them nearly as much good, as it is almost impossible to keep them covered.

This remedy should be tried for a cold, cholera, croup, contracted cords, drowning, diphtheria, fever, hydrophobia and other bites, neuralgia, poison, rheumatism, scrofula, and sore throat.

SALT-RHEUM.

This is a scrofulous disease; and the remedy should be internal, instead of plastering up the exterior. General rules for health should be followed, and plenty of fruit and vegetables eaten.

SALVE.

Salve never should be made of animal fat, as it is bad enough to eat it; but to apply it to a wound might make it worse instead of better. Melt together one large, even spoon of palm-oil and one small cake of white beeswax. A better salve for small cuts and cracks is made by melting together the same

amount of pure yellow wax to one even spoon of palm-oil, and to three spoons of the oil add one teaspoon of pulverized gum-camphor.

SCROFULA

Scrofulous diseases are said by some to be caused mostly by breathing impure air, especially in sleeping-rooms. The children of drunkards and of "moderate drinkers" are often afflicted with such diseases. Bathing and exercise should be attended to. Outward applications of remedies do no good.

SCURVY.

It is said that seamen who would avoid the scurvy should not eat salted meats. Fresh animal and vegetable food, ripe fruits, open air, exercise, bathing, and a half-pint of lemon-juice a day, are said to be the best remedy for this disease.

SLEEP.

A proper amount of sleep is necessary to health; and some require more than others. It is said that those who have the most active brains are the ones who need most sleep; but they are not always the ones who take it, and so they break down prematurely. It is a good sign for the sick to sleep naturally, and they never should be waked to give them medicines. If they are troubled by wakefulness when they need sleep, it is better to rub and knead their flesh for them than to give drugs to cause sleep. Dr. Lewis recommends percussing the person with the hands: this gives a feeling of rest, and promotes sleep.

Windows should always be wide open in summer both for the sick and well, unless it rains; and one in a room in winter. The door into an entry or other room should be open for the sick; but no draft of air should cross the bed either of the sick or well. A feather-bed will not be likely to injure any one in winter in our climate; and, for summer, a mattress over springs or sacking is most comfortable.

No neat woman will make her beds up as soon as vacated, but will allow a half-day, at least, for them to air. This prac-

tice has much to do with sleep; for a foul bed is not pleasant to rest in. One can sleep better on an empty than full stomach; and those who eat nothing after an early dinner, and have no other disturbing cause, have no difficulty in going to sleep. Those who cannot sleep, but at the same time are able to walk, should take a long walk before retiring at night.

SMALL-POX.

"Dr. Miller of Kentucky has lately been treating small-pox patients with a milk-diet almost exclusively, bathing their faces and skin with cream, — all with the best results. None of his patients have any marks to show that they have had the disease." All clothing and bedding used should be burned.

SORE MOUTH.

Many articles which are used in the preparation of food are injurious, and cause a sore mouth. Among them are potash used in hulling corn, saleratus, cream of tartar, flavoring-extracts, acids used by bakers and others in bread, cake, and cookies, and some other things. Some drugs cause a sore mouth. Young nursing-infants sometimes have a sore mouth. It should be swabbed with cold water, and some should also be given them in a spoon to drink. The nipple should also be washed, before and after nursing, in warm water or suds, and then oiled or salved.

"As the result of the recent investigations by Dr. Thorne of England, the conclusion is reached, that the free use of the milk of cows suffering from the foot and mouth disease tends to produce a similar disease in man."

SORE THROAT.

This is often the result of a cold. Use the rum-sweat, or apply hot poultices to the part affected.

SPINAL DISEASE.

Many cases of this disease, at present, are caused by the injurious custom of wearing small, high heels, and going up stairs too often. It is better to lie down, or stand, than to sit

in a bent posture; and rubbing the whole length of the spine will benefit it; but the high heels must be abandoned, and the clothing worn loose, and suspended over the shoulders. Corsets, and bundles worn on the back, injure the spine.

SPRAINS.

Bathe in warm water, rub often, keep quiet, and use spirits of camphor occasionally when rubbing. Apply a poultice of hops steeped in vinegar or water, or a cornmeal-poultice with a teaspoon of laudanum on it, if painful.

STERILITY.

When the spare corners of newspapers are not filled up with short sermons on the extravagance of women, by way of variety the sin of women in "diminishing the population" is the text. That such is the common practice has not been, and cannot be, proved. If a woman does not furnish as large a share of population as did her mythical grandmother, of course it is set down as her fault.

Dr. Culverwell says, "Within my own experience, I am satisfied that the greater cause of sterility is with the men than the women." And again he says, "I consider the non-production of offspring to rest more upon the generative debility of the male than the female." This is quite as good authority as some who take upon themselves the task of judging women without a jury.

STINGS.

Bees should not be kept too near a dwelling-house, as they sometimes swarm on persons. They will not sting in this case, unless disturbed. A hive should be brought by another person; and, if they do not enter it, cold water should be thrown in abundance over the person covered with them. The water prevents their using the sting; but if, on the contrary, they are brushed off, they sting the person to death. Sometimes the sting is left in the wound, and must be drawn out. Salt is a good remedy for common stings; but spirits of camphor is better.

"A child in Columbus, Ind., was stung by a locust on the leg and arm. Inflammation and swelling immediately followed, and prompt medical aid alone saved the child. A locust-egg was extracted from each of the wounds. The limbs were corded, and covered with fresh mud immediately."

SUN-STROKE.

Persons suffering from sun-stroke never should have a drop of cold water applied to them outwardly, as it is almost certain death to them. Put them, as soon as possible, into a warm bath, keeping the head also wet with warm water. Some put vinegar and warm water on the head, and give a dose of castor-oil. It is best to send for a physician immediately.

TEETH.

When one tooth aches, it seems sometimes as if all ached; but there is no need of having any out, unless decayed too much to be filled. First-class dentists, not being in excess of the demand for them, ask very high prices for filling teeth, and use nothing but gold, which is the only thing fit to be used. Cement only hastens the decay of the teeth; and a tooth that is worth filling at all is worth filling with gold. If the nerve be killed, it causes the tooth to turn dark or black; but the best dentists now take out the nerve, and fill the whole nerve-cavity with gold, as well as the cavity in the tooth: this makes a tooth which will probably last years, and never be painful again, nor be likely to turn dark. Some cheap dentists will fill a tooth in fifteen minutes with cement; and it lasts nearly as long; for sometimes the cement causes severe pain before the person reaches home, and, of course, it must be taken out. They make about as much money by ruining teeth as the first-class dentists do who are honest, but whose prices seem large to those who do not know the difference between honest men and some others.

Creosote destroys pain in teeth, but is poisonous when taken into the stomach; and it should be kept out of the reach of children. A little laudanum on cotton eases pain; but this, too,

should be kept locked up from children. As soon as an honest dentist can be reached, he will know what is best to be done to an aching tooth. But teeth should be filled before they are decayed sufficiently to ache. Sometimes the gum from which a tooth has been drawn is very sore for several days: oil on a piece of linen cloth will cause it to heal sooner than without it.

False teeth are nothing but a discomfort to the wearer; and it is wiser to preserve the natural teeth as long as possible, even if it costs more than false teeth would, which is doubtful; for false teeth wear out and get broken. The cheap sets are moulded teeth, and do not appear natural; while the carved ones do appear natural, being each carved by hand. The cost is much greater; but the teeth are better, and last longer.

If the teeth of young persons crowd too much, or lap over, it is sometimes best to have one taken out, as crowding often causes pain, or pressure which is almost as hard to bear; and, in some cases, the remaining teeth will spread, and fill this cavity. Teeth that overlap cannot be straightened without injury; and it is no improvement to a person's appearance to have it done, as it helps to destroy individuality.

Many articles sold to clean teeth contain acid that completely destroys the teeth. Some dentists use such acid. Charcoal, salt, chalk, and Peruvian bark are considered harmless for the teeth. Pumice-stone, pounded fine and sifted through muslin, is used to remove stains, but should not be used often. Beware of all tooth powders and washes made to sell, as most, if not all, are injurious to the teeth.

Tartar accumulates on teeth, and is destructive to them, as it prevents the gum from growing closely around them, and in time the teeth may be pulled out with the fingers. This tartar should be removed as often as it accumulates. Teeth never should be used to bite threads off, as this wears notches in them; neither should finger-nails be bitten, nor any other hard substance.

I once heard of a young girl, who, while at play with her brother, had all her upper front-teeth knocked out. Her little

brother, being quite frightened, picked them up, and put them in a box. A physician was called. He replaced the teeth: she lay quiet in bed two weeks, fed on gruel mostly; and, at the end of that time, her teeth were firm in their former places.

Sometimes, after teeth are extracted, bleeding is profuse; and, if cold water mixed with spirits of camphor will not stop it, a linen cloth wet in alum-water, and pressed in, is recommended. When children have all their first set of teeth, it is best to clean them daily till they are old enough to do it for themselves. Dentists say that the value of the second set of teeth depends very much upon the preservation of the first set their natural time. They should be taught the value of their teeth, and not be allowed to bite nuts nor threads. If there is any great defect in the growing of the teeth, a good dentist should be consulted. A frequent inspection is recommended.

TEETHING.

Infants apparently suffer much pain, at times, during the period of teething, which usually lasts from six to thirty months of age, more or less; although some children get nearly all their first teeth at eighteen months. Their sleep, at times, is broken and troubled; they frequently wake crying, and start suddenly, having very short naps. The little sufferer should be soothed and tended till the pain is over. Care is much better than "soothing syrups." In summer, teething is usually accompanied by a diarrhœa; and this should not be checked suddenly, as it would cause the child's death. Drugs do no good at all, and should not be used. It is better for the child to continue somewhat loose. The best remedy is a free use, at the child's eating-times, of ripe fruit and berries; but the fruit should always be peeled first. Sour currants and gooseberries are not good for them; but ripe huckleberries and blackberries are highly beneficial. Boiled milk checks a bowel-disease somewhat, and should be given only milk-warm; or add water and sugar, making a kind of milk-tea of it. A child should eat all the white sugar wanted. Some children

like raw eggs beaten up with sugar: this is also good for this disease. Make a custard, same as are usually baked in cups, and let the child eat as much as desired of it without cooking it: this alone has checked sufficiently a diarrhœa of long standing. Riding is very beneficial; but jolting children in little carriages over stones does them more harm than good. Children have died from no other apparent cause.

Many children have fits, in consequence of pain and sickness during the teething-period. Their intellect is not supposed to suffer from this cause, as they usually have enough left. Medicine will do no good in such cases. Get ready a tub of *warm* water as soon as possible; but do not be in such a fright or hurry as to scald the child. Have the water what is called milk-warm; undress the child, and put it into the water, rubbing it gently all the time till the fit is over; then wipe very dry, and dress warm. If the hands and feet are watched and kept warm, fits may be prevented, as they are preceded by cold extremities. Rub the hands, and get the blood to circulating freely, and immerse the feet in warm water. If the feet are cold during sleep, put a bottle of warm water near them, having taken off the shoes. Much may be done to prevent them by careful watching.

In winter, teething difficulties assume a different appearance: the bowels evacuate too seldom. A rubber syringe, with a little warm suds, is all that is needed to keep them in good condition. Use every day if needed: it is perfectly harmless. When children do not have fits during teething, they usually have days of sickness, and seem feverish. Great care is necessary in preparing their food at such times; but the child wants only little, and gets well much sooner if fed wholly from the breast. Cold water is wanted often; and young infants of five or six months will sometimes drink half a glass at a time with apparent satisfaction. A teaspoon of sugar to a glass of water makes a good drink, and is needed, as it tends to produce perspiration.

The child should be dressed warm enough, but not loaded with flannel, in summer. It should have all the undisturbed

sleep which is possible without drugs; and, when awake, it should be kept in a sitting or reclining posture, but not in a standing one at all during sickness. Children cry, apparently suffering much when teeth are coming: soothe them; have patience; be kind to them, and if nothing else will quiet them, and they are sick, walk about with them.

The most angelic children will sometimes strike when suffering from pain. Be patient with them: they suffer much. The too-frequent custom among young mothers of striking infants' hands is abominable; and a woman who does it deserves punishment. The impatience of a nurse makes children worry; and much are they to be pitied who are left to the care of hired servants. If a mother has not patience to take care of her own infant, how can she expect a hired person to who has no interest in the child?

TOBACCO.

Tobacco is not only "the grave of love," as the French style it, but of intellect also. If it be said that a man does well who uses it, he might do better without it. No one will pretend that it promotes health: the most its friends pretend to say in its favor is, that it does not harm them; but, when one's appetite is enslaved, the judgment is not quite clear on that subject. Others know it does harm those who use it. It stupefies the brain, and paralyzes the body. It makes the kindest man negligent of his family duties.

In one of the most healthy towns of Massachusetts lives, or did live a few years since, a man who had lost the use of every limb — having to be fed and cared for like an infant — by the use of tobacco. Others have lost the use of one or more limbs, doubtless from the same cause. It is doubtful if a man ever learns much, if any thing, after commencing its use; for it is a destroyer of thought. The foremost men in every good work that blesses the world are not slaves to this ignoble master. The best physicians, dentists, and preachers do not use it. It destroys the conscience. As well might the preacher preach to bare walls as to a company of tobacco-eaters with their consciences dead and buried.

There is another point to be noticed: tobacco-eating may not annoy many persons; but the smoking of it pollutes the air that others breathe; and no person has the right, legal nor moral, to do this. It is one cause of the numerous deaths by consumption in cities.

No man who uses tobacco needs a wife: he is just as well off without one, as his weed is every thing needed by him. And, as if tobacco were not of itself sufficiently soothing and stupefying, the poison, prussic acid, is put into cigars to improve them. The smoker, like Napoleon previous to Sedan, would dream over a volcano.

It is difficult to make boys believe that there can be any harm in smoking when they see so many men constantly doing it: the *wrecks* it has caused are necessarily withdrawn from view; and mothers have to wage continual war against this vice, if they would save their sons from this practice, which appears so gentlemanly to young eyes. Children should be induced to sign a pledge against using it as well as intoxicating drinks, and have it, on appropriately embellished paper, framed, and hung up where they and their friends can see it. Some of the effects of smoking on boys are said to be disturbed sleep, ulcers in the mouth, palpitation, a disordered digestion, slowness of intellect, and, worse than all else, an appetite for strong drinks. There is no doubt in any sane mind that tobacco is a poison.

"An infant, seventeen months old, died from the effects of swallowing a piece of tobacco given him by another child with whom he was playing."

The preacher who uses tobacco may write very fine sermons; but there is little or no vitality in them to revive saints, or convert sinners. Mr. Trask gives this advice to tobacco-users: "First make the most of your *will*. Drop tobacco, and resolve never to use it again in any form. Go to an apothecary, and buy ten cents' worth of gentian-root coarsely ground. Take as much of it after each meal, or oftener, as amounts to a common quid of 'fine-cut' or 'Cavendish.' Chew it well, and swallow all the saliva. Continue this a few weeks, and

you will come off conqueror; then thank God, and thank us."

TONICS.

These do more harm than good to invalids, because the person using them supposes that the body is stronger than it really is, owing to their stimulating effect; and the strength is overtaxed, thus weakening, rather than strengthening, those who use them.

TOYS.

When buying toys for children, it is safest to select those which have no paint on them, as it is about sure to rub off, and get into their mouths. The white rubber rings given to children to bite when the teeth are coming through contain poison, and should not be used. A ring made of linen rolled up would be better, and could be unrolled and washed when soiled.

TRICHINÆ SPIRALIS.

There is so much diseased pork prepared for market, that one knows not when it is safe to eat it. Trichinæ are so small as to be invisible without a microscope; and, to insure safety, no raw nor half-cooked pork should ever be eaten. Many have suffered, and some died, from the effects of eating raw ham. It is easy enough to cook pork, as well as every thing else, sufficiently; and much sickness and many deaths would thereby be prevented.

The lean parts of pork are most affected by this insect; and, if it is eaten raw, they "attach themselves to the stomach and bowels; are carried into the circulation through the minute blood-vessels, into which they eat; produce inflammation, diarrhœa, vomiting, and other severe symptoms, which are sometimes mistaken for indications of typhus-fever. Violent purges are the only known remedies against these worms; and these, to be effectual, must be early administered."

"A Chicago chemist claims to have discovered a remedy for *trichinæ spiralis*. It is a mixture of carbolic acid and glycerine; these ingredients destroying the animalcules taken into the system by eating diseased pork."

An ounce of prevention is worth a pound of cure in this case.

UTERINE DISEASE.

The cause of *prolapsus uteri*, wrongly named, however, from which multitudes suffer, is the prevalent but erroneous mode of dress, which *pushes* that delicate organ out of its place. It never would fall if left alone; but corsets, whalebones, tight dresses, and the weight which it has to support, unaided, for year after year, are enough to push a rock out of its place: it cannot be kept down except by constant pressure for many years.

When women will follow the dictates of common sense, instead of Paris fashions, this disease will be unknown. It shows its presence in the *face* by a dark and sunken appearance under the eyes, and by a general languor about the person. Many remedies have been invented, which only torture, instead of relieving, the patient. Heavy trusses, which the body has to hold up in addition to all its other burdens, only aggravate the disease of this organ.

The mechanical, internal contrivances lately invented are also supported around the hips, causing an additional burden, and are of no sort of use, but are an injury to the organ intended to be benefited by them. All but the worst cases can be cured in a short time merely by wearing loose clothing, every article of which, above the hose, should be suspended over the shoulders, as they are perfectly able to bear all the weight of clothing which is required to retain the warmth of the body in the coldest weather. No drugs nor mechanical appliances are needed, or are of any use. Improper dress is the only cause, and a sensible dress the only cure.

VACCINATION.

A child who has been vaccinated is sick, and should be taken care of as such for a week, being fretful, and needing much patience from the mother. Two extracts from newspapers of recent date must make up this article: —

"One of the most remarkable occurrences of the time is

the attempt which is being made in England to depreciate, to annihilate, in fact, the long-established and cherished practice of vaccinating for the small-pox; and what is most remarkable is the fact, that the movement has been inaugurated, and is pursued with great persistency, by learned, scientific men, and eminent practitioners of medicine.

"Statistics, as in all innovations and reforms, are brought in aid of the new views; and figures are adduced to prove the inutility and inefficiency of vaccination as a preventive of that most loathsome disease. It is attempted to be shown that there has been no positive or comparative diminution of the malady, but an increase, rather, of its prevalence and malignity."

Probably vaccination is the cause of much disease by taking it from one person, and conveying it into the blood of another, especially if the following extract be true, as no doubt it is: —

"Application was made to the Secretary of the Treasury by an eminent physician of Boston, Mass., for permission to import from France four heifers for the procuring of pure vaccine matter therefrom. The treasury department imposes some restrictions upon the importation of cattle into the United States from Europe, to prevent the introduction of the cattle-disease which has heretofore prevailed in various parts of Europe: and the reasons assigned in support of the application referred to were, that it is impossible at present, in this country, to use in vaccination for small-pox any other than a virus which has been transmitted through innumerable human systems; and that this long-continued humanization has, in the opinion of the medical profession, induced a degeneration and enfeebling of the protective power of the virus with many of the diseases of the various human organizations through which it has passed. It was further stated, that there is not now, and never has been, in the United States, a particle of cow-pox lymph, direct from the animal, which has not passed through one or more human subjects; and that such an animal could only be obtained in France, where, under the

auspices and direction, and at the expense, of the Académie de la Medécine, and of the French Government, a case of original cow-pox, occurring at Beaugency several years ago, has been perpetuated by inoculating from one heifer to another through a long series; and, in this way, vaccination, to a very great extent, has been afforded to the French people with lymph direct from the cow. In view of these statements, the secretary promised to afford all proper facilities in his power to encourage so desirable an object."

VOMITING.

Medicine to produce vomiting should not be given except in extreme cases, such as poison or some other injurious substance swallowed, which would endanger life if retained.

WET FEET.

Colds are productive of many kinds of disease; and wet or cold feet cause more colds than are produced in any other way. If the feet are wet, but kept warm by exercise, no harm will follow.

WHITE-SWELLING.

This may be cured, but should be taken in season. Apply a small blister of salve made from blistering flies; and dress it, after it has drawn one night, with salve made of vegetable oil spread on old linen. When this becomes perfectly well, blister another part of the swelling in the same way till the whole has been blistered. Continue this treatment till the swelling is cured. Sometimes they get well without assistance, but not usually: it is better to begin before it is of long standing.

WHOOPING-COUGH.

A child who has this disease coughs less to be out of doors, if its age and the weather permit. Some have it so lightly as not to be certain whether they will take it again or not, and others have a hard time; but the wearing of wool clothing, and improved modes of living, appear to have lessened the severity of this cough. Give all the quince-jelly the child will eat, and, if it cannot sleep without, a fourth of a teaspoon of paregoric

in cold water with sugar at bedtime. Keep the feet warm, and woollen clothing next the body.

WORMS.

When children are troubled with pin-worms, remove them, if seen, with the head of a pin. The larger kinds, it is said, may be removed by giving spirits of turpentine, a few drops at a time; but it is unsafe to use much of it. It is not safe to use worm-lozenges at all.

THE HOME.

The home should be an attractive place, and, if possible, permanent. The people of this country rove about so much, that, to multitudes, the word "home" has no such significance as it has to those always living in one spot, or, if leaving the paternal mansion, knowing that that one spot still exists as their home. Kindness in the presiding spirits can make it attractive to the children without much expense; for kindness is the oil that keeps the wheels of life from creaking, and should be often used.

A woman lives and works in a house most of the time, while a man does not: therefore she should be consulted as to its planning, or, what is better, make the plan herself. This can be easily done so that any architect may know what is wanted.

First the land should be selected; and this should be high, and where there can be a dry cellar all the year, as this has a great effect on the health of the inmates of the house. Damp or wet cellars breed disease in a family.

In cities, it is quite as well, on some accounts, to have the house face the north, as carpets and parlor furniture are considered too nice for the sun to shine on; and as the back-rooms are less exposed to noise, and more suitable for invalids, the sun should be admitted into them. The kitchen is so damp, that the sun in summer will be no objection, if used; which is not always the case, as many houses are closed during the hottest months. This arrangement also gives a good sunny yard for drying clothes, and a good exposure for raising grape-vines or other things. But, outside of cities, every house should have a

southern front, or, what is better, have one corner towards the south, which gives one room on each story the sun all day. This makes a pleasant, warm room to sit in during winter, requiring only half the fuel to heat it which is necessary to warm a room without the sun.

A house without a tree near it, as many houses still are, is an unpleasant object to look at, especially when a July sun beats fiercely upon it. Old persons seem to have a prejudice against trees near a house, as if they would injure house and inmates; and they are an injury where the other extreme is indulged, and the house set into a damp forest. Evergreen trees never should be near enough to a house to shade it; the lawn is the proper place for them: and the house should be shaded by trees of lighter foliage; and, among these, none is preferable to the American elm. Its leaves fall early; and in the hottest weather it does not shade enough to harm the house or its inmates. Other light, deciduous trees should be used with the elm, for a variety; but no straight lines should be allowed in setting them out, as there is no necessity for ploughing up the front-yard every year. Fir-trees trimmed up to resemble Shanghae roosters are offensive to the eye of taste. It takes a long time for small trees to become large; and some people do not, for this reason, set out any: but it is very selfish, to say the best of it. Sometimes a very fine spot may be selected for building where there are forest-trees already grown; and a little judicious thinning is all that is required; but no pruning should be allowed. Every day, magnificent trees are ruined by this pruning. An American elm, if allowed to retain all its small branches, will become, when grown, a beautiful object, as these cling to and wind about the trunk, exactly resembling a vine. This is much more beautiful than a long, bare, whitewashed trunk with a few feathers on its head.

When about to build a house, it is best and cheapest to find out first just what is wanted. A compact house can be built for less money than one of the same size which is spread out, and adorned with many gables, projecting windows, and other things. Piazzas are fit only for a tropical climate, as they keep

out the sun too much in winter; but if small, and on the north side of a house, are not much of a nuisance. A platform and railing without the piazza may be had, as it would be a good place to sit in summer. If there is not an abundance of wealth, a small house will afford its mistress most comfort, as a large house increases labor and care as well as expense. Nearly every woman knows what kind of a house she wants, especially if she ever lived in a hired house where most things were just as she did not want them. After this is ascertained, she should take a pencil, rule with inches and fractions marked on it, rubber, and drawing-paper, and make a plan to suit her wants and the amount of money proposed to spend on the house; allowing a quarter of an inch to one foot on the plan, and also allowing about three inches for each inside partition, and six inches for the outer walls. Convenience in doing the work should be the first thing aimed at; comfort first, and ornament afterwards. In making a contract to have a house built by the job, it is necessary to specify every little item throughout in writing, or there will be many things left undone. Builders often know what kind of a house a woman wants much better than she does, and build it to suit themselves, unless the owner is very decided about it. A small house built by the day will afford more real comfort than the largest one built by contract.

Much is said, at present, of the necessity of ventilation; and expensive, worthless contrivances are put into houses to secure this end. In summer, doors and windows give all the ventilation that is needed: and in winter, where there are many children in a family, it is as impossible to keep the doors, inner and outer, shut without springs, as it would be to make a new world; so that no one in such a house suffers for want of ventilation. When the family is composed of old persons, or old children, — there are such persons, — some ventilating is necessary; but, as one family need not spread over much space in winter, one open fire in a small room secures all that is necessary. The kitchen should be ventilated with open doors or windows when one is at work in it, except in the coldest

weather, and the chambers with open windows; and this method gives more real ventilation than all the draughts through partitions that have been invented. No one accustomed to this mode of living would ever take cold by it. Doors should open into entries if possible, excepting at the head of stairs, as this saves much room for furniture where it is most needed.

A house of one story with a Mansard roof is equal to a house of two stories with any other roof. If slated, the cost of such a roof is more than others; but it gives the advantage of cool sleeping-rooms, which common attics do not, because there are several feet in height above the finished rooms, thus keeping the roof-heat from affecting those rooms. Each of these rooms should have two windows in it; and, if there is a second story containing sleeping-rooms, two windows in each are as many as will generally be used, and this arrangement allows space for the bed without having either of its sides against a window. An unfinished attic is a good place for drying clothes in bad weather and short days.

BASEMENT.

The underpinning forming a part of the basement should be high, to allow plenty of windows to light the cellar. Vegetables do not decay in a dry cellar as they do in a damp one; and, if it is not very dry, it would be better cemented. Barrels of apples keep best set on a platform a few inches high, unless the ground is gravel or sand. It is almost dangerous to go into a dark, damp cellar, especially if heated by exercise, as some women do, to work over butter. They may have nice butter, but lose their health by it. No basement is fit for a kitchen nor wash-room, as, if used for a kitchen, it necessitates a constant passing up and down stairs, which is a perfect waste of a woman's strength; and, if used for a wash-room only, it causes colds and rheumatism. It is the easiest thing to take cold after washing, with the hands in warm water and the person surrounded by a steam from boiling water; and the dampness of the basement rises around the lower limbs, causing lameness. The basement is fit only for a cellar.

BATH-ROOM.

A bath-room is not a necessity in a house, as one can bathe in any room that is warm; but it is a convenience. Where connected with a water-closet, the worst odors are constantly rising, and nothing can prevent it. They should be as separate as possible. If the earth-closet is what its friends claim it to be, it is preferable to the water-closet; but no foul odors should be allowed in a house for one day. Every one who ever went into a very old house knows what odors met the smell from every part; and nothing less than fire can purify it. The waste-pipe should connect with a shallow cess-pool; and this should be bricked or stoned a foot above the ground, and provided with a cover and lock, so that the water can be dipped out often, and put on the garden. The closet should be entirely separate from this. A bath-room furnished with hot and cold water, silver-plated faucets, black walnut, and marble finish, and closet, costs, at present, about five hundred dollars. It should be situated over the kitchen stove or furnace. A cheap bath-room may be had by building a small room over the kitchen-stove, and having the pipe lead into a dummy or empty sheet-iron stove, and having the pipe which leads out of it smaller than the other, to retain the smoke and heat in the dummy. A bath-tub on wheels is convenient, especially for the sick.

CHIMNEYS.

Each fireplace should have a separate flue, and each flue should be plastered inside as well as outside, to prevent danger from fire.

CLOSETS.

Every house should have plenty of closets: each chamber needs one, and some rooms more than this. It is better economy to have them shallow, as a deep closet has much waste room in it. The iron hooks which are fastened with only one screw soon become worthless, as they turn around or break. They should be made for two screws; but the small brass hooks with a screw on the end of each are preferable to all others. The hooks should not be more than three or four

inches apart. A closet for hats and coats is convenient if near an entrance. The bottom of it is a good place for boots and shoes. A closet for books preserves them better than if lying about loose to be dusted every day, and saves much time and labor. It should have glass doors. A water-closet is objectionable on account of the odors always accompanying it; and the old-fashioned earth-closet, for those who live outside of cities, is the best arrangement, as it can be supplied with fresh earth daily if desired.

KITCHEN.

This room needs a sink with a window over it, a water-pail box or pump on the right of it, with a long bench at the left, and a row of hooks over this. The ironing-room and kitchen should be one. A wide board for ironing may be fastened by hinges to one side of the room, and let down when not used. Flat-irons must be kept in a dry place, where they will not rust. The skirt-board should have a cover or bag to slip on when not in use, and the bosom-board, ironing-sheet, holder, and stand kept in a drawer near by. A clothes-horse for drying clothes is not conducive to health, as the clothing is not usually half dried when put away. Some wooden chairs are much better to dry the clothes; and these should be set as near the fire as possible without scorching. When one end is dry, turn the other to the fire. Damp clothing is frequently worn, and produces much disease, especially of a rheumatic nature.

The kitchen should not be too large, as this would cause a great amount of needless travel in doing the work. It should always have two outside doors opposite each other, to make it endurable through the heats of summer; and should always be on the north side of the house, if possible; then, at noon, when it is approaching the greatest heat of the day, the sun cannot shine into it. This is the only arrangement which affords a comfortable place in which to work in summer accompanied by a good fire. The doors take most of the fire-heat out of them, especially if the stove is between them.

A good brick oven is needed in a kitchen, as no stove ever will equal it in baking beans, brown-bread, Indian-pudding, plum-pudding, and many other things. It requires to heat with long pine-wood about an hour and a half, or until the black smoke is all burned off. Clear it; let it cool a few minutes; then put in the beans, brown-bread, Indian-pudding, and, after a while, the pies. Squash-pies need more heat than those made without milk.

LINEN OR DRESSING ROOM.

Where the cellar is not very dry, it is better to sleep in the second story of the house; but this causes a great amount of going up stairs if dressing-materials are kept there. A better way is to have a room on the first floor, where table-linen and other dry-goods are kept, and use it also for a dressing-room. It should be warmed in winter, and have materials for bathing and dressing. This room is convenient for the whole family to use by turns, being supplied with closets and drawers; or, if preferred, it can be used as a bedroom.

PANTRY.

The pantry ought to contain seventy or eighty square feet of floor, and have one large window in it; also a refrigerator, and a set moulding-board which is painted on the upper-side, and the under-side left unpainted, to turn over and use in moulding bread and making pies. This room should be, if possible, on the north or west side of the house, and between the kitchen and dining-room, that it may be convenient to both. Some of the shelves should be wide apart, to hold the largest platters standing in a *deep* groove at the back of it, and others less distance apart. They should be stained or varnished instead of painted, as dishes, when turned down on them, frequently bring away on their edges the particles of paint; and these are poisonous. There should be as many shelves as it is possible to get in, as this is a saving of house-room. Curtains in front of the shelves least used keep out much dust, and give a neat appearance. The lower shelf, about a foot and

a half from the floor, should be used for iron-ware; and this should be turned over on it, instead of keeping it under a sink. Such a pantry affords a cool retreat for the cook in summer, and takes away the most unpleasant part of cooking at that season. It is sufficiently warm to cook in all the year excepting the very coldest and shortest days; and then it is not much labor to carry the needed articles into the kitchen. Room should be left under the moulding-board for the flour-barrel, as flour in a hot place soon sours, and a kitchen is no place for it.

A refrigerator should be kept in the pantry, as the most convenient place, saving much travel. It must be lined, or it will mould from the dampness in it. The slate-lined ones are best, as zinc is a poisonous metal, and should never come in contact with food; but careless persons soon break the slate, rendering it useless. Zinc is more durable and commonly used, but requires frequent cleaning, or it corrodes. As cold air always falls when in contact with warm air, the ice-sink should be placed at the top of the refrigerator; or, if a very high one, as high as convenient to lift the ice. Shelves should be as near as possible, and laid on supports, that they may be taken out to clean, and dry thoroughly before replacing. Where lead-water is drank, as in cities, the ice-sink should be lined with tin, and have a tin spout leading out to draw off the melted ice to use in cooking and for drink.

PUMP.

Rain-water should be provided for washing clothes; and, as iron pipes are supposed to rust the water, lead is commonly used: but there is no such excuse for drinking it, as iron is beneficial when taken into the system in such very small particles; and I doubt whether an iron pipe would affect the water sufficiently to rust white clothing. A wooden log makes a good pump, if protected from the frosts of winter. It should either be on the sunny side of a house, or have a shelter over it. The water passing through lead pipe and copper pumps is too poisonous to be drunk; but if used, and they freeze, pour boiling

water on the *outside*, as this is most effectual, and does no harm, while much harm is often done by trying to thaw the inside. Also a sink-spout, if exposed and frozen, may be thawed in the same way.

In many parts of New England, water can be made to run into the house a constant stream, if only the wooden pipes are laid. Pure spring-water brought in this way is a constant blessing; and a perpetual fountain may also be had for almost nothing. The small force-pumps, with only the handle and spout above ground, are easy to work, and convenient, with the addition of a hose-pipe, to water a garden, or put out the fire on a building. Galvanized pipes are unsafe, as the lining is poisonous.

SITTING-ROOM.

The room most used to sit in should be on the south-east and south-west sides of the house, to insure the sun all day, especially in winter, as it takes off a chill which fire will not wholly remove. People live too much out of the sun, being afraid it may harm the complexion or the carpets. Better would it be for health to do without the carpets, and admit the sun. Health is of more value than nice furniture.

This room should not be larger than the family requires, as, if not, perhaps an open fire will be afforded; and this furnishes heat, ventilation, and exemption from doctors' bills for the price of fuel consumed. That farmer must be a poor manager indeed who cannot keep his wood growing as fast as one fire-place consumes it; and there is no good reason why he should deprive his family of so great a blessing. And, for those who live in cities, how many could not afford one open fire if the superfluities were abandoned? House-plants conduce to health and happiness, and in such a room as this would grow finely, and blossom abundantly all winter.

Parlors which are made only to shut up should be in the most out-of-the-way place. They are made and furnished according to the latest fashion, which constantly changes.

SLEEPING-ROOMS.

There is a vast difference in the various rooms which are

used to sleep in. Those that have high walls are much more comfortable in summer than low ones. One window is not enough: there should be at least two, and these should not be against the head or back of the bed; and, after the windows are provided, they should be opened. The first story of many houses is too damp for sleeping-rooms; the upper one is too hot in summer, if not finished off somewhat lower than the rafters; and the second story is usually the best one for sleeping-rooms.

No room should be used for this purpose which wholly excludes the sun, as there is a dampness which is injurious to health; and not only should it be possible to admit the sun, but it should be admitted every day except during the three or four hottest months. No one can sleep without breathing, and no one can breathe without air: hence it is a miracle that any human being can sleep all summer in a room with closed doors and windows. Yet it is done, as some people are so shocked at the mere thought of night-air after bed-time. These are the people, no doubt, who "enjoy poor health." If health and comfort are of any value, the windows will remain wide open from spring till fall; and then one will remain most of the remainder of the year. A person can keep warm in the coldest room if plenty of wool blankets are used. A fireplace is needed in each sleeping-room to furnish ventilation for those persons who will not have any windows open.

WASH-ROOM.

This need not be very large, but should be provided with three or four set tubs with a reversible wringer, hot and cold water; and should be on the shaded side of the house. Windows should be back of the tubs, to furnish sufficient light. A set boiler is convenient, but will be likely to get burned or melted if not attended by the owner when emptied. The walls of the kitchen and wash-room should be painted, as paper soon drops off where there is much steam, and, besides, holds numerous odors, giving them out again. This can be easily cleaned.

FURNITURE.

The furniture should not be too good for children, nor any one else, to use. Better is it for the future of the children to attract them to than to drive them from a home too nice for them. So driven, they will easily find places which are none too good for them, and from which weeping mothers cannot easily turn them. Those children usually grow into the best men and women who have attractive homes not too good to use.

A moulding should be placed around the top of each room, and hooks furnished on which to hang pictures by their cords, as this is preferable to driving in nails, and defacing the walls by so doing. Paint is better than paper for walls, as the latter holds so many odors.

Expensive carpets are foes to health, as the sun may fade them; and cheap ones afford most comfort. A bare floor kept clean is a luxury; but woollen carpets full of dirt are hardly endurable. They may be washed, as well as other things, and should be as often as they need it. Wool carpets cause a great amount of labor; for they require to be taken up at least once a year to keep out moths. No patent linings underneath them are of any use. The moth-miller has wings, and can fly where it pleases, depositing its eggs on the upper-side of a carpet, under furniture which is not often moved. The fall is the best time to shake or wash carpets, as the eggs may then be destroyed before harm is done. Hemp carpets do not cost as much as woollen ones, neither do they wear as long; but moths never harbor in them. Straw is the best material for chamber-carpets: they are easily swept, and are never troubled by insects if not taken up for years. Painted carpets are not as good as painted floors, and are not as easily washed; the little depressions on the surface needing a brush to clean them.

Much of the nice stuffed furniture is alive with insects, which gnaw their way out in a short time. There is another objection to it: the air cannot be as pure in a room full of old stuffed furniture as where the furniture is made of materials which do not absorb every odor. Stout wooden chairs are

needed for the kitchen; and other rooms should have chairs of cane or willow. All dry-goods coming in contact with the human family need frequent renewing to insure cleanness and health. Old rubbish kept for years without being washed is almost sufficient in itself to breed disease.

Bedsteads should not be too high nor too low; and some should be supplied with a side-board fastened on by hinges, so as to be up or down as wanted. This would prevent children from falling out when left alone, and save much trouble. There are many kinds of spring-beds; and some of them are much better than others. Where the springs can be felt through the mattress, they are not very comfortable. A bed with sacking bottom is about as good as a spring-bed, if not better. A spring-bed, with one good mattress, is sufficient for summer; and a feather-bed should be added in winter. In making it, measure rather more than the length and breadth of the bedstead, unless a piece is to be inserted around the edge. There should not be more than half as many feathers put in as were formerly used; for too many, even of the best feathers, make a hard bed. Pillows and bolsters usually have too many feathers in them; and children's pillows should be very thin, and not too high for them. Quilts made of calico are almost worthless; one woollen blanket retaining the heat of the person better than half a dozen of them, to say nothing of the habit of using them for years without washing. Spreads should be light, and lace is best for the material. Curtains should never be allowed around a bed: they keep out pure air. And window-nets are preferable to bed-nets to keep out mosquitos, for the same reason.

Window-curtains should not be so heavy and ornamental as to keep out the sun. The woollen cloth in pianos gets moth-eaten if not watched, and brushed often in summer.

It is strange that humane persons can enjoy the sight of birds shut up for years in cages, prisoners for life, and in a very small prison, too, for one furnished with wings. How those useless wings must ache for want of exercise! even as our hands would if kept hanging by our sides all the time in

a cage. Place yourself in a cage for a little while, and most likely you will open the door, and let the prisoner fly away and be happy.

CLEANING.

The house need not be torn in pieces once or twice a year to clean it; but one room should be cleaned at a time. First carry out the furniture, then take up the carpet, and hang it on a line. Sweep the plastering with a clean broom, and the corners, also, to remove all webs. Nice white paint does not need soap to clean it: but old or much-used paint should be washed with sapolio, and rinsed immediately; then wipe it with a dry cloth. This removes pencil and all other marks. Window-glass should be washed in clean water without soap. Varnished wood must not be washed with soap; for it takes off the polish. It is said that gilt frames may be coated with white varnish, so as to be cleaned with water; but no soap can be used without injury. The floor should be washed clean, and become perfectly dry before the carpet is put down. Most carpets wear better to turn them, as the middle wears out sooner than the edges. A three-ply carpet does not wear well, being composed of three thin carpets fastened together in places: the upper one soon wears out, and leaves rags. The ingrain carpets wear best. Copper tacks are more durable than iron ones, and do not break like them.

A clean moist cloth is best for wiping the dust from most furniture: a dry cloth only removes the dust to allow it to alight somewhere else in the room. A paint-brush cleans the dust from crevices. Sweeping is an evil which must be endured; but as little dust as possible should be raised by it.

Brass is cleaned easily with vinegar and salt.

Feather-beds need to be shaken and turned over every day, or they soon become musty; and half a day is not too much to let beds have the air. Many persons, when making a bed, throw the clothes carelessly over the footboard; but they get much soiled in this way, especially if walked over, as is not uncommon. A clean apron is the first thing needed in making beds; and then, early in the morning, remove the bed-

clothes, one at a time, laying them heads uppermost on one or two chairs, without letting them drag over the floor. Shake the feather-bed or mattress, and leave a half-day in that condition. When thus aired, smooth the bed, lay on the bolster or under-pillows, and put the top, or wide hem, of the sheet at the head of the bed, and have the right side up; then place the upper-sheet wrong side up, with the head where it should be. If the blankets are likely to be put on half the time wrong end up, write the word "foot" in large letters, and sew on to one end; and, whether the "help" can read or not, she will soon understand this. Lay on the spread, smooth the bed, and turn the upper-sheet over; then lay on the pillows. Those who go from chamber-work to cooking, or washing dishes, should be reminded, if they forget it, that their hands need washing.

HIRED PERSONS.

There is no person living who can exist one day without making work for somebody to do; and if there are any who do not do their share, or enough to take care of self, some other person must do more than her share. It would not, perhaps, be so difficult a matter to obtain good kitchen and house laborers, were they not constantly reminded of their inferiority by their employers. This is not pleasant to sensitive persons; and the foreign helper, who is not over-sensitive, pays back, in the same coin, contempt, with interest. Pride, indolence, and money condemn multitudes to the loss of health for want of work, and other multitudes to toil all their lives for them. Can either party be called happy?

Those homes where there are not women enough to do the work for the incapables — such as children, men, and infirm and aged persons — need good help, and might obtain it if all those who are able worked; but, as matters now are, many men are obliged to take care of wife or mother, if she happen to be sick, rather than let her suffer. When there is such a majority of women as in the Eastern States, it seems rather strange that such a state of things should exist; but so it is.

Employment-offices kept by men are not much benefit to

any but the keepers, as girls are constantly sent to just such places as they did not want, and, when they arrive, find it out. Of course, they must pay a fee to secure each place; and they are frequently kept going to just the opposite of the places which they desire. If they want to work in a small family, they are sent to a large one; and so on, till they may be said to haunt the offices continually. Employers seeking help often pay fees without ever seeing a girl in return for it; and subsequent visits are equally fruitless. This is one way in which money is made in cities. Offices to find employment for women should be kept only by women, as bogus operators have made quite enough out of both parties.

Where girls are treated with kindness in a family, and do not choose to reciprocate it, they had better be paid at once and dismissed, as no comfort is to be found in such a state of things. It is becoming more difficult every year for girls to learn to do housework, as, if patiently instructed by the employer, they at once show their gratitude by demanding an increase of pay; and most women, having become tired of teaching gratuitously, will hire none who do not know how to work. Most persons expect to pay for an education; but the foreign servant is not one of this class.

Some persons who have method and order in every thing do their work, taking not half the steps that a different person would. Every thing should be brought up to time, and every thing kept in working-order; and this can be done if nothing is neglected at the time it should be done. Small children destroy many things if left around loose; and too, if hot water is left standing about, they are likely to fall into it and get scalded: so it becomes doubly necessary to do every thing at the right moment. "Shiftlessness" requires a great number of persons to do the work which one intelligent laborer can do.

The first requisite in a hired girl is an amiable disposition, as this makes smooth intercourse between employer and employed; and, where it is not possessed, it is of no use to try to get along comfortably. A woman has more patience with a

girl who is willing to be taught than with one who already knows more than all the women in America, although not able to do any work as it ought to be done. The next requisite is honesty; and, with these two secured, there is a foundation to build on. Patience must now be exercised, and only a few things taught, and a very few faults corrected, at once; and with the most obstinate cases there will be, in a few weeks, a marked improvement. It is better to take some trouble at first, and keep one girl a long time, if possible, as most likely, the longer she stays, the more she will do her work like her employer.

Neatness is very desirable, and the want of it very conspicuous sometimes. One who cannot be induced to bathe at least face and hands each morning immediately after rising, and hands as often as neatness requires, might as well be dismissed at once, as no good is to be hoped for from such a source.

The pay of hired girls is sufficient, if judiciously laid out, to clothe them well, and have something left to lay up for future wants. There are very few women, the wives of farmers or mechanics, who spend as much money on themselves as do hired girls; and, if there is so much pity necessary for those "starving sewing-girls" we hear so often about, let them remember that there are plenty of good homes awaiting them, if they only choose to work where they are most needed. If they prefer to remain where they are, let them remember, that, if ever they marry, the same trials from overwork, and want of help, await them which they are now inflicting on other women.

There are many American women, who, not much accustomed to keeping help, do not know how to treat foreign girls. They treat them after the "fine-lady" fashion the first week or so; and the girls, not being used to any thing of that sort before they go out to service in American families, soon think themselves mistress of the situation, and proceed to make themselves such at once. Upon this the employer finds that they are not quite perfect, but a long way from it, and perhaps scolds. Then the servant packs up and departs, to have the

farce repeated at another place. It would be much better to treat them as hired persons at once than to go through the usual course. American women have the reputation of being more amiable than most other women: and, foreign servants not being used to any thing but harsh treatment before they arrive in this country, — a kind of anticipated heaven to them, — the change is too great to come so suddenly as it does to them, from almost slaves, as it were, to "fine ladies;" and it spoils them. Always used to working out of doors in Europe, housework in an American family is nothing but play to them.

Presents only demoralize the recipient; and it is much better to pay good wages, and have it understood that no perquisites are allowed.

CARE OF CHILDREN.

Many women leave the care of their children almost wholly to hired girls. When civilization and refinement degenerate into pride and idleness, they have gone a little too far. The greatest men and women often come from the middle class, where the parents take proper care of their children, and never leave them with servants to be spoiled. Extremes meet: the children of the wealthiest parents are brought up by servants, so that the richest and the poorest children do not differ much in their moral training and in the education of the heart. Websters are seldom reared in palaces.

How beautiful the dying mother's words for her boy! —

> "Teach him love, and thou wilt teach him
> Farthest thing from every sin."

But the best way to teach it is to practise it. More than one rule is hardly necessary to guide us in training up children; and no reference is here intended to Solomon's method, so much admired and practised by our ancestors. A man who had so many wives was hardly fit to give advice on the subject. Did our pious forefathers forget that such a person as Christ ever lived on earth? Did they ever read that he blessed children? Did they ever find any place in the Bible where he recom-

mended whipping them? He knew they would get enough, and too much of it, even if he set men a better example. His treatment of women and children was something new on earth, and astonished the multitudes quite as much as did his miracles.

Love the little ones; have patience with them, and teach them what is right. Love and firmness are both needed to balance each other; and firmness can be practised without severity. More good will be accomplished in this way than by Solomon's method.

The child that is not loved soon knows it and feels it, returning measure for measure. If parents will cast their children out of their hearts, their own path in old age will be strewn thickly with the thorns they planted. Where men and women leave an aged, helpless parent to die in a poor-house, was there not something wrong in their home-education? Did not a grasping spirit of gain drive them from home when young? It would be well for parents to consider these things in season.

The mother who loves her child never will keep it from play to sew or to do any other quiet work. Boys need play to insure growth and development of body as well as soul, and most of them get all they need of it: but girls are doomed to be caged during growth, suffering more than the children of slaves ever did, for they could roll around to their hearts' content; but the little Northern girl must be a *lady*, — distressing word! — and not get tanned, nor do any thing that would bring upon her the name "tomboy."

It is cruel to keep a little child sitting still at work most of the day; and it is time every mother knew it. In the towns where straw goods are manufactured, little girls are kept braiding or sewing most of the time except during school-hours, and get little or no play or exercise. The consequence is, they are pale and thin, often with stooping shoulders caused by the weariness of one position nearly all day, and a melancholy nature which they never lose, when they ought to be free and happy as birds.

A stranger would naturally ask what good was intended to be accomplished by such a course. The only answer can be, A few cents are earned, and also received if the employer does not happen to fail. Such girls grow up into delicate young women, but usually fade in a short time; and their waists are so thin, it is a wonder they do not break in two. They are not fit for life's stern business, and are as feeble as any women who can be found in this country, — sufferers through life.

Children should play out of doors all they desire to till old enough to work; and then girls should be taught to do housework, — one part at a time, till, in a few years, they shall be competent to fill the places for which they were made. Pride causes a great deal of the suffering endured in this world. Girls and boys should be taught some way of earning a living, no matter what their prospects may be; but such is not the common practice at present. Girls must be "ladies," with white, flabby hands; and boys must be gentlemen, whether qualified or not. The Jewish custom of having every boy learn a trade is a good one, and would save much grief and mortification to those, who, after rushing unprepared into business of which they have no knowledge, have no resource left but dishonesty.

Most parents are very careful of boys at an age when they are safest, and afraid to let them play in the street; but no sooner do they reach that most dangerous age, when the boy is turning the corner that leads to manhood, than they are let loose, to go to ruin if they choose. Such careful parents are astonished, sometimes, in a very few weeks or months after letting loose the reins of government. It would be better to reverse the present practice, and let the little boys take care of themselves mostly, and pay a little more attention to the older ones.

Children need amusement; and it should be of such a kind as will benefit them morally. Books should be read before being given to them, as these have a great influence for good or evil over them. Many sabbath-school libraries need weeding, as a large number of the books, in the discipline which

they recommend for children, would do honor to Turks as the authors of them. Home books should not be too good for children to use. Pictures cut out of papers and books not wanted, and preserved in a scrap-book for them, interest them much in winter and stormy days.

Children at school during the month of May need all their winter clothing, as there is usually no fire kept then, and a schoolroom is colder than a dwelling-house. Many colds are the result of substituting summer for winter clothing in this bleak month. Our summer does not begin before June; and, even then, caution must be used, or a cold follows.

Although all the windows of a schoolroom may be open, it will not be any too well ventilated; and for this reason, if for no other, children should not be sent to school more than one-half of each day. Twice the number of schoolhouses are built which are needed, as one-half the children should attend in the morning, and the other half in the afternoon. The older ones might prepare their lessons in the morning at home, and recite them in the afternoon. This would be preferable to the present mode, although not perfect.

In remote districts, the outer buildings are sometimes a perpetual nuisance because joined to the schoolhouse. These should be removed to prevent disease; but, if the teacher has no power to effect this, a little dry earth will remove dangerous odors if applied where needed.

But there is another reason why children should attend school but one-half of each day; and it is because it is an injury to their young brains, and bodies too. Little children are not capable of studying, and need the teacher's help if they have tasks set them. Young teachers expect too much of young children, mentally as well as morally. They should have more faith in love as a help in the management of children. Love is not the fiction of pussy-cat writers, as matter-of-fact persons think: it is a reality. Young teachers have more faith in the rod than in ideas: but this is a mistake of youth wrongly educated; that is, educated under fear.

Instead of beating mischievous boys in the presence of the

whole school, — which is too often practised, and which only hardens them into villains, — they should be detained till the other pupils have left; and then a few earnest, kind exhortations will bring from them the promise of better behavior in future. They may do some other mischievous deed; but they seldom or never repeat that particular offence they have promised not to. It is well to have a little more faith in reason, and less in birch. But, even if the boy must be punished, it does infinitely more good to punish him in private than to degrade him before the whole school. He never forgets this. Every school has a self-constituted captain; and, if he is subdued the first week, there is no more trouble worth speaking of during that term.

MARRIAGE.

Young men are most exposed to danger when first leaving the parental home, — often being mere boys, — and then most need a mother's care; and, if she is as "strong-minded" as mothers need to be, she will bestow that care. Dr. Culverwell says, "On the first development of the sexual power, so apt is youth of both sexes to acquire some secret method of obtaining personal gratification, that every means of retarding that knowledge should be adopted."

This may be true in his country, England; but only the male sex in this country are much addicted to the habit, and this would be more uncommon did more healthy views in regard to early marriage prevail. At the very age when most young persons are most inclined to marry, they are, in nearly every instance, discouraged from it by older persons.

Those united young grow together like two young trees bound together when small. Young lovers would gladly unite, did not parents oppose. Did they marry before they are of legal age, they must ask the consent of four parents; and how could four, yes, six persons be expected to think alike? But what are the real objections? The mother is afraid, if her son marries, she will appear old too soon, especially if grandmother. The father might have to support, or help do so, not only his son, but another man's daughter, and perhaps one or two

more, before his son can support his own family. This may be selfish; but it is too true. The maiden's mother thinks her too young to assume such grave responsibilities, considering her still a child; and also has selfish objections like the other mother. Her father thinks she must not hurry too much, but wait till some rich old customer comes along. The match is broken off unless the parties most interested choose to be married clandestinely.

But suppose it broken off. The young man seeks the company of other young men. He is induced to take a glass: it is often repeated. Next tobacco comes in to hide the fumes of strong drink. Women of a questionable sort are introduced to him; and money must be had, no matter to him how: and thus he goes on through a complete course of sin and wretchedness till nature is exhausted. Then his *friends* begin to think it is time for him to marry, and advise him to. He and they cast around their observations to see who is good enough for such a nice man. The one invariably selected by and for such a man is at the head of her class for virtue, and perhaps for moneyed prospects. Let such beware: they are oftener selected by such men than any other. The more of unworn life and vivacity such a one has, the more likely will she be to receive attentions from every worn-out, impotent man, whether old or prematurely old.

How is it all the while with the little maiden who was thought too young to know what was best for her? She lives on, a martyr to love, never forgetting the early dream, with the rude awakening, and always thinking of him as he was, not as he is; for she does not know yet how low a man can fall. She may marry some good man worthy of her, either younger (which is oftener the case than most persons suppose) or much older; and in either case she will try to do her duty: but there is ever one face that may possibly haunt her dreams, and trouble her conscience. If so, whose sin is it? Will those parents before mentioned take any of it? It is hoped so.

Or, — what is quite as likely to happen if two young hearts are thus separated, — while the man marries, she lives alone all

her life, doing good to others, and finding all the happiness she does find in this.

There is no set age for persons to marry. Nature has indicated somewhat; but it depends on the development of the affections, and these will develop in strength equal to the development of the body. Most young persons know what age is best for themselves.

Women's education is false and wrong from beginning to end. They have not a clear perception of the difference between right and wrong. They are taught that they must be "ladylike," and that they must entirely deny themselves and their own happiness for others, some man being meant. What wonder, then, that so many unhappy wives is the result? If their own happiness was thought of in contracting marriage, there would be a different state of things from what now exists. One would think mothers might learn something from their own experience which might benefit their daughters.

Marriage, to the unmarried young woman, appears to wear rosy hues; but after one year of trial, and perhaps disappointment, it looks prosy instead. Men are not always the whiskered angels young girls suppose them to be, but are slightly tinctured with selfishness, having animal wants to be supplied; and woman is the *help* which is considered *meet* for him. A handsome man loves himself better than any one else, after having been petted so much as to become supremely selfish. The man who has loved one above all others never will be able to love another equally well; but the most hopeless case is the one who has become weary of life from indulging in a career of vice. No woman need expect any love from such a source, as it is as impossible for him to love as to create a new world.

It is a foolish custom in this country of secluding two young persons in a room by themselves because attached to each other. Often the result is, the daughter is married to a man of whom her parents know almost nothing; and, had his visits been made to the family, the eye of parental love might

have detected the rock on which the daughter's happiness is wrecked. Let the time pass by reading, conversation, *amusing the children;* and, if the lover endures this test, it will be as safe to marry him as any one, if he is loved above all others excepting the home-circle.

Many persons consider it a sin to break an engagement to marry. But suppose it not broken, but kept unwillingly: is this any better? If the heart loathes an engagement, which, from intimate acquaintance, has become disagreeable, it is better to break away from it at once than to enter the portal of married life with a lie on the lips, promising what it is impossible to perform, with angels and mankind for witnesses. How much misery has arisen from such unbroken engagements! An unhappy engagement should be broken before it is too late, as this is infinitely better than broken marriage-vows, which must otherwise follow. No one has a right to involve the innocent fruit of a guilty marriage in lifelong misery.

Love cannot be constrained: it is free as the wind, that bloweth where it listeth; and the choice of a life-companion should be equally free. There is nothing binding on either party to an engagement; and each should be free to reverse the *intention* — there should be no promise — up to the last moment before marriage: but, after that, what is done cannot be undone; and there will not often be any desire that it should be, if the choice of each is perfectly free.

Marriages that are most likely to prove happy ones are those that unite two whose mental capacities come near being equal, and, what is of still more importance, who are about physically equal. If the delicate young girl, tenderly reared, is united to one of her own age whose vitality is above the average, while hers is below it, her married life will be very short indeed. Mothers ought to instruct their daughters in these matters, as they have no other means of knowing them. No girl should be induced by pity for a man to marry him, lest his heart should break: there is no danger of this, as they are made of stout material. Tears are quite as often the sign

of physical impotency as of a breaking heart: no maiden should be moved by them.

When two young persons seem particularly pleased with each other, there is usually more or less interference from persons not at all concerned. These cannot be treated with too much contempt; for a life of sorrow has often been the result of listening to such serpent-like advisers.

It is more common than generally supposed for the woman to be older in years than her husband; but physically it is oftener the other way. Young women have an erroneous idea that their sex grows old faster than the other: the reverse of this is true, men growing old sooner than women. Elderly women are frequently more difficult to live happily with than men, as their vitality holds out wonderfully. A fast young man is sometimes old at twenty, — certainly at thirty; while a woman is no older physically at thirty than she was at sixteen. Old men and impotent young men seek as wives those who have most vitality to stimulate their decay: hence young women who possess any should conceal the fact as much as possible. They are not educated in these matters; and all others know more even about themselves than they do.

A virtuous youth is most likely to bring a happy old age; and those who were happily and suitably mated and married become more attached to each other as life advances. They should, in early life, secure a pleasant home, that age may not bring poverty along with it; and they will live longer and more pleasantly not to change the old home, with its associations, for a new one. Old persons who leave their home seem haunted continually by a desire to return to it.

We hear much, of late, on both sides of what is called the woman-question, or, more properly, the relations of the sexes to each other. The rights woman demands are not, as yet, allowed to her as man's equal in government; but he pretends to treat her in a chivalrous or gallant manner. He may do so in conspicuous places, with the *élite* as witnesses; but every woman who has ever travelled alone, if not far, knows that she must literally contend her way whenever coming in business-

contact with a man. Large men never would think of treating small men as they do women, because the small man's *vote* is as large as the vote of a Hercules.

Men join clubs to find society; and why can it not be found at home? Because woman has been kept so much in ignorance, and without a voice in government, that she is unfit for a social companion to man, as he thinks; and he leaves her alone, doubly wretched. The average woman is superior to the average man morally, his equal mentally, and inferior only in physical strength. Through this animal superiority, and woman's generosity and unselfishness, men have kept the reins of government, and held women in subjection. Colleges were provided for men and boys; but no woman, till recently, could enter one of them as a student. Probably the men wisely concluded that women without education were the equals of educated men. They knew the studies pursued there were not such as to preserve woman's purity (nor man's either); and hence another reason for excluding her.

Man and woman should work together, and help each other as do the right and left hands; and, if any one supposes the left hand is not as useful as the right, let him keep it tied up to his shoulder all one day, and by night he will be convinced that it is more useful than he supposed, — performing the more delicate operations, while the right is used for its strength. Woman, like the left hand, performs the more delicate operations in labor and life; and both are necessary, and equally valuable and important as are their counterparts.

When we read, as we often do, of the extravagance of women, the whole sex is included in the denunciation, as if the whole sex were but one woman. The few most conspicuous in society may be somewhat extravagant to please wealthy fathers or husbands, — merchants who take this way to advertise their goods; but this class does not include quite the whole sex. There is another class, less extravagant, but still somewhat inclined that way; and the extravagance of this class is thoughtlessly cultivated by being forced by husband or father to buy on credit. If such women could have the same amount

of money to handle, they would not spend more than one-fourth what they now do. Salaried men should allow wife and daughters a yearly amount; and they would, no doubt, live within their income. As we descend in the scale of extravagance, we come to the families of mechanics and farmers; and the wives of most of them do not spend over fifty dollars a year for themselves (this is being very extravagant, no doubt); while the daughters usually find something to do by which they earn their own living.

Men know what is for their interest, financially, when they refuse to allow a yearly income, either large or small, to the women they have undertaken to *protect;* for most women are so economical, that they save in all ways to add to the common property, instead of ever thinking to lay up one cent for themselves; although a person of the slightest observation knows how a woman is usually left in regard to property, if left a widow. She knows nothing of the care of property, never having had any to take care of, unless she had some before marriage, and kept it, which is an uncommon case; and now she trusts it to the care of some man, getting, generally, little or nothing, except in rare cases. Women need to be more self-reliant than they are. The vine clinging to the oak may do very well in poetry, if vines ever do cling to oaks; but the American elm is a better emblem of woman, — light, graceful, and self-sustaining.

But this cry about woman's extravagance is a mistake. Women working just as much as men do, for less pay than men, in reality support them. More than half the married women work for their board and clothing, and earn more than three or four times that. If that is not supporting the men, what is? Most girls employed by manufacturers earn from two to ten times as much as they receive; and is not this supporting the men? Women as teachers do not receive as much pay as men, even when doing the same work: is not this supporting the men? Women as clerks do not receive as much pay as men: if this is not supporting the men, what is it?

Women, married or single, who have property, should trust it to no one person to take care of. If they do not know much about the care of it, the subject is not difficult to learn; and if they do not take care of it in the most approved manner, if doing their best, they will realize more income from it than by trusting it to some sorts of men, who are most willing to accept such trusts. Women who own property are not usually extravagant, as the possession of some creates a desire for more: neither are they forgetful of the poor; for theirs is generally a liberal hand.

That woman is the equal of man, and intended as such by her Creator, is plain enough to any candid person. There is nothing in all Christ's acts and teachings more beautiful than his treatment of women and children, — the physically weak, — and nothing more is needed to prove his divinity than this. His mother assumed authority over him after he had commenced his public life, and this he could not permit; but to the lowest and meanest of her sex he was kind, and even tender. God never made woman to be man's slave, but his equal in all things; and her chains are of man's forging; and, through Christ's powerful influence, man must make her free, whether it come sooner or later.

In this free country the black man is a ruler, and the white as well as black woman in subjection. How long shall it be so? If women are permitted to vote, it does not follow that they must hold office, any more than a majority of men now do. No man supposes he must hold office because he is a voter; and still less would any sensible woman wish to, as, with her more delicate organization, insanity would often result from the strife of political contests. The voter is the real ruler; while the office-holder is a public servant, dependent on the good-will of his electors for his continuance in office. No virtuous woman would want to be a mark for the calumnies of an opposite party, as public men always are.

> "Be thou as chaste as ice, as pure as snow,
> Thou shalt not escape calumny,"

if starting in a political contest.

THE FARM.

More fortunate than a king is the man who owns a farm, and is able to work on it intelligently and profitably. Most articles used for food or drink are more or less adulterated before sold. Meat is not always what it should be; and, if we need not ask any questions about it for conscience' sake, we must for the sake of our health. The farmer's food can be wholly free from all poisonous substances, and his meat free from disease.

The man bred to farming should not despise agricultural books and papers, but get what good he can from them: at least, they will set him thinking; and thought is the parent of action. Such books as "COPELAND'S COUNTRY LIFE," and others of a similar nature, will interest the young in farming, and perhaps help keep the boys at home, where they are most needed, and where they will find as much happiness as is to be found anywhere else in the world.

Home should be made attractive and beautiful to them, instead of being a desolate house, unshaded by a single tree, and unadorned by a single shrub or flower. It is no wonder that farmers' sons seek the cities, where outward beauty is not despised as at home. The young human heart yearns towards the beautiful; and, if the father particularly admires cabbages and potatoes, the children are equally enthusiastic over flowers.

Many persons seem to think that Eastern farming is unprofitable, since the West sends so many of its products here: but there are some things in which the West cannot compete with the East; and one of these is raising fresh milk for the cities. The supply will not exceed the demand for years, if ever. Good butter and cheese will always find a market here, because good butter is not always to be found; and cheese is shipped to Europe in large quantities. Good veal and pig-pork can be sold in unlimited quantities; and as for lambs and spring poultry, the price is enormous every summer. Eggs bring twice what they ought to in the opinion of consumers: and sometimes fresh eggs are not to be had at any price; most that are used

in the large cities being brought from Canada and the West, packed in barrels, and are any thing but fresh.

Small sage-cheeses would meet with a rapid sale, and bring profitable prices, especially if no dye-stuff was put into them. Butter for market, in summer, should be done up in quarter-pound cakes, and neatly stamped with some appropriate device, and carried to market in tubs with shelves on the sides, and ice in the centre.

Small packages convenient for retailing sell best. Berries and fruit of all kinds now bring profitable prices; and much money is made from them by the enterprising farmer. While the Western farmer carries on his operations on a large scale, the Eastern one, not too far from market, will find that the small things pay best.

Most farmers lose much by allowing such a waste of manure as runs to no account in the sink-drain and barn-cellar. Instead of being a source of profit, it usually becomes a nuisance, not having a pleasing odor. If mixed with loam, or left so as to be dipped out and spread on the land, it would be found very productive. Manure is the farmer's wealth; and it should not be wasted, as it often is.

ANIMALS.

All domestic animals suffer more from the want of water and salted food than from any thing else; and this is the most probable cause of so much disease among them. It is said that the hoof and mouth disease in cattle is cured in India by driving the cattle on to the salt marshes, and keeping them there till cured. Why should not animals need their food salted in the same proportion as men's? — that is, a heaped teaspoon of fine salt to one quart of food. It is true, some animals have salt given them; but what man would think of sitting down to a dish of salt, either before or after dinner, once in a month or two, and eating all food without salt the remainder of the time? It would seem as if common sense might dictate a different course.

And how many farmers have good water where all their

animals can get it as often as wanted? Not many, it is feared.

COWS.

All animals are easiest managed when kindly treated, and cows more than any other, as they dislike to be milked by one who abuses them, and often hold back a part of the milk in consequence. A good cow may be spoiled in a short time by harsh treatment. Some recommend a long stool to use in milking, one end of which shall hold the milker, and the other the pail; and in this way it is not so easy for the cow to kick the milk over if the drawing of it hurts her.

Cows will be ready to go home at night, and thereby save much hunting after them all over the pasture, if they expect a good supper of meal that has been salted, scalded, and thinned till of the right consistency to be agreeable.

HOGS.

There is little or no pork raised which is fit to be used as food. What human being could be well for one month cooped up in such close quarters as are hogs, month after month, often exposed for weeks to the hot summer sun without shade, compelled to wallow in their own filth, without a drop of water to drink excepting what is mixed with their swill, and this of such a nature that no hog would eat it unless compelled by hunger to do so? No dish-water is fit for the food of any hog; yet it is common to put it in the swill-pail, mix a little meal with it, and feed the animal.

Corn-meal swells gradually if wet in cold water, and should always have *boiling* water poured on at first, that it may swell instantly; then it should be thinned and cooled. Hogs need exercise as much as any other animals, and must be sick kept as they are in pens only large enough to allow them to turn round. No pork raised in this way can be fit for food; yet this is the common custom in the Eastern States. Sometimes, however, the case is worse, and the animal is kept under the barn and privy, never seeing the light of day. If allowed to run in the orchard, they confer as well as receive benefit; but

water should be provided where they can get it at all times. It is not profitable to give hard corn to hogs, meal being much better for them.

Another mistake which is commonly made is in keeping hogs till too fat: such pork is not sweet like that from pigs, and does not bring so large a price if wanted for fresh pork. People are beginning to give their attention now to the raising of pig-pork for the Eastern cities, as it is in great demand, and brings good prices. De Voe says that the best pork is from a pig which weighs from fifty to a hundred and twenty pounds. It is probable that the market will not be overstocked with this kind of pork very soon, as farmers have got the idea firmly fixed, that, the larger the hog, the better: but this is not so; neither is there so much profit in raising such pork.

HORSES.

Horses, as well as other working animals, should be allowed to rest every seventh day; and if they must go to church every Sunday, and stand harnessed most of the day, they should be allowed to rest Monday or Saturday.

Animals that eat hay often get choked: and, if a hand is put down their throat, frequently the cause will be found to be a stick; and this should be removed carefully. Animals which are raised for food, should, if sick, be killed, and covered in lime in a place dug for the purpose, as sick meat is not fit for food; but, if taken care of rightly, few animals would be sick. But horses, when sick, should have very much the same remedies as the human family needs. Ignorant men torture animals with harsh and unheard-of remedies, which only make the disease worse.

If it is better for a horse to wear blinders than to go entirely without, those which set out from the eye should be used, as the flat kind often rub against the eye, and injure it. No humane man will allow his horse's head to be strapped back in an unnatural and painful position by a check-rein. A loose check-rein serves every needful purpose.

Work-horses, in summer, should have as little harness as pos-

sible to carry about, much more being generally used than is needed. Nearly all domestic animals are penned in too close quarters, especially during our hot summers; and the horse is no exception to this. There is no need of fastening him by the neck every night, and putting him in such small quarters: there is room in the pasture, if not in the stable; and he would prefer it to all other places. Kindness to all animals, and especially the horse, pays well, not only in a saving of temper and trouble, but also in time, which is money.

SHEEP.

Much profit comes from raising lambs for market, as they always bring good prices; and wool usually brings enough to make the production of it profitable: but there is great loss in some towns by dogs killing off the sheep. The cause of the strong "woolly" or sheepy taste which some mutton has is said to be in the manner of dressing it; care not being used to remove the intestines whole as soon as possible after slaughtering.

It costs little to keep sheep in comparison with some animals, except fencing the pasture; and this is not very expensive as some manage it. A fence four feet high or more is needed to keep them, or a large movable pen; but no animal should be kept in a space too small to allow plenty of exercise. It is generally supposed that the manure of sheep is a great benefit to a pasture; but the land should be ploughed, or the benefit will not be perceptible.

De Voe says, "A large-framed, coarse-woolled, fat sheep produces a coarse-grained, dry, and but indifferent-flavored mutton; while the middle-woolled, round, plump, thick sheep — generally found in the South-down, Leicester, Cotswold, &c., breeds — produces the close-grained, tender, juicy, and high-flavored mutton, especially when they are allowed to feed upon the short, sweet grass of the hills and mountains, with the addition of proper stall-feeding afterwards."

Another writer says, "Sheep well grazed are better than the stall-fed, and have that gamy and juicy flesh so liked by epicures."

Mutton is considered nicest when from three to five years of age. There should be no continued breeding in.

BEES.

Bees are a source of much profit where they find sufficient food; but, if nothing is raised out of which they can make honey, it is useless to expect any. First, there should be clover or buckwheat, or both, grown to furnish them with material to work. The hives should be set on a bench or form, with a roof or cover, where there is plenty of air in summer; but these should also be shaded from the sun by trees. In winter, the back or north side should have a shelter, made so as to be ready to fasten on easily as soon as needed, and kept on till summer. It is considered best that all hives, in summer, should be elevated from the board on which they stand, at least half an inch, by a block under each corner; thus keeping out millers' eggs, and allowing a circulation of air.

The common box-hive, with a chamber and drawers in the top, is considered as good as any. The lower part should hold the bees' winter-supply; and the chamber above should contain two drawers for surplus honey, these opening from the back of the hive. The joints should be tight, to keep out the bee-moth and vermin. A movable pane of glass forms the end of each drawer, and should be closed by a sliding-door, or a panel with hinges. Each drawer should communicate with the lower apartment by a hole in the centre of the bottom, an inch or more in diameter. This hole should be closed with a piece of tin until the bottom of the hive is filled with honey.

Young swarms leave the hive about the middle of May. If they alight on a tree, place a table, covered with a clean white cloth, under the limb on which they are, and put on this cloth two sticks of board or wood, ten inches apart; then hold the limb while another person saws it off. Place it on the table between the two sticks; put the new hive over them, and cover it with a clean sheet, and leave them. At night, if the bees are in, place the hive on the bench. Some rub the inside of the hive, before placing it over the bees, with salt water or green walnut-leaves.

BUILDINGS.

The farm-house should have, in addition to the other rooms described on another page, a room convenient for the purposes of the dairy; and it should be on the north or west side of the house, fitted up with every thing necessary for it. There is no reason why a farm-house should not be as comfortable and pleasant as any other house, with blinds at all the windows, and deciduous trees for shade in summer; also nets for windows and doors, the latter closing with springs. Comfort is not necessarily very expensive; but these few things make a wonderful difference in the happiness and welfare of a family. Those who are obliged to spend half the summer night hunting mosquitoes do not feel like rising early: it is much cheaper to buy a few nets. And flies are as much of a nuisance in the farm-house as are mosquitoes, because there is so much to encourage their growth in the waste matter thrown out.

The farmer's wife usually wastes much of her strength by not having water in the house, where it should be, for most purposes. A good well of water outside might be kept for cooking and drinking: but a cistern for rain-water is needed for many purposes; and the pump leading from it should be at the right of the sink, unless, as in many places, it is possible to have a stream of water constantly running into the house by merely laying an aqueduct of hollowed logs from some spring situated higher than the house, on some neighboring hill.

The house should be away from barns, cow-yards, cow-sheds, pig-pens, hennery, and privy. Some dwellings have all these connected, as under one roof; and the scent is intolerable. There is greater danger from fire where all the buildings are joined together; for, if one takes fire, the whole will be about sure to burn down. Windows, in summer, should open wholly, especially in chambers and kitchen.

The barn should be built differently from what barns usually are; the common practice being to wholly exclude the sun, thus giving a chilly atmosphere in winter within. The large doors should be at the east and west ends; while the lower story of

the south side should be nearly all glazed windows, which would let in the sun in winter to warm the cattle, whose stalls should be built on this side always. By this arrangement the sun will not injure their eyes, while it will warm their bodies. No hay should ever be piled against or near glass windows, as the heat of the sun, in summer, might set it on fire. A barn in New Hampshire, which was burned, with all its contents, was supposed to have taken fire in this way.

Cattle, as well as all other animals, need water when they want it; and, if a running stream supplies the house, it should also supply the barn and barn-yard troughs, keeping them always full. If no stream can be supplied, a force-pump in the well will answer equally well. These force-pumps, with nothing but the handle and spout above ground, are very useful to the farmer, especially in case of fire where no engine is near. A hose long enough to reach all the buildings should be kept ready.

The woodshed should be near the cook-room, and filled with dry pine-wood, for summer cooking, mostly; while hard wood keeps a better winter fire to sit by. The hardest wood, however, is needed when broiling is to be done. The farmer who keeps his woodland cleared up neatly has plenty of brush and small wood for kindling.

An ice-house is very little expense to the farmer if he has a small pond to get his ice from, and saves his family much running up and down cellar-stairs. Ice is needed in the dairy, and should be saved if possible. No cellar should be dug; but the ice is usually laid on the ground, or with only hay or fine chips under it. It should be packed as closely as possible, in large blocks, and the cracks between them filled with saw-dust or very fine chips. The building should be made in a shady place if possible.

FOWLS.

Fowls may be made a source of great profit to the farmer, or a great nuisance to him and his neighbors, according to the manner of keeping them. No person in a village, with only a few feet of land, has any right to keep fowls to destroy his

neighbors' gardens; yet the offence is not an uncommon one: and, if the fowls are kept caged in close quarters, they are sickly, and unfit for food.

The raising of poultry, if made a separate business, may be made a very profitable one. Spring chickens bring enormous prices; and fresh eggs can always be sold as fast as produced, and at prices which ought to satisfy any one. But whether a separate business, or carried on in connection with other branches of farming, the poultry should be kept by themselves. A successful raiser of poultry says he allows an acre of land to a hundred fowls; and this is not too much, certainly. Hundreds or thousands of them might be raised where now they are raised only by the dozen. A constant supply of pure water in shallow troughs is a necessity. How often, in the hottest weather, have I seen farmers' hens drinking from the sink-drain because there was not a drop of water anywhere else within their reach!

Trees are much needed for a shade in summer. An orchard should be planted in the enclosure; and both it and the fowls would be benefited, as they would eat the worms that would otherwise injure the fruit. Ducks and geese must have a pond to swim in to render them happy and useful: it need not be very large, a small one being better than none; but a wash-tub is rather too small for them to use. Hens should have water only in shallow troughs, as, if deep enough, the young chickens are sure to get drowned in it. Many are lost in this way when allowed to run everywhere.

The land devoted to hens should have a comfortable house on the north side of the lot, and a hedge behind it if possible, both to hide the house from view if on the street, and for keeping off cold winds in winter. The back side should be made of wood, well built to keep out cold; while the front, sloping to the south, should be of glass, very much like a green-house. The door should be in one end, and kept locked when not in use; and one or more holes should be left, to allow the fowls to run in and out. A hen-house built in this way would need very little if any fire in winter to make it a comfortable

place for hens. The roosts should be placed at the back side, not too high, and of sticks large enough to afford comfort to the fowls; but, as their feet are not all of one size, sticks of various sizes should be furnished. The laying and sitting boxes should be at the front or south side, but not near each other; and each of both kinds of boxes should be lined with hay.

When a hen wants to sit, the eggs (twelve or thirteen are enough) should have the date of beginning marked on each with a lead-pencil, as sometimes other hens lay new eggs among those which have been sat on some time. The food of fowls should be varied: and one of the most important things to be done is to have their land ploughed up once or twice a year, that they may obtain all the insects they need; but some grass should be left for them, as they need it also.

A good way to prepare their food, when meal is used, is to scald it with boiling water, adding a teaspoon of table-salt to each large quart of water, and cooling it with skimmed milk if too thick; or mix it wholly with milk, either boiled or not.

A farmer's wife, who is very successful in raising poultry, says, that the cause of so much loss among young chickens is, that their meal is mixed with cold water; and, if a long cold storm comes in spring or early summer, numbers of young chickens are sure to die. Her method is, to always mix the meal for young fowls with milk; and, if a storm comes, a little black pepper is added; and the result is, her chickens always grow up. Raw onions and cabbages should be cut fine, and fed to them, and scraps of meat left at the table, besides cooked potatoes and many other vegetables. Bones, instead of being left to adorn the back-yard, should be burned till soft, and given to the hens. Buckwheat and oatmeal are both considered good for them.

Hens often become lousy; and a heap of wood-ashes for them to roll in is the best remedy for this. Lime should also be placed in or near their house. Their manure under the roosts should be cleaned out often, and put into barrels to sell if not needed; but, if other farming is carried on, it is too valuable to be sold, but should be mixed with loam or other manure, being

about as strong and valuable as the genuine guano, which is seldom to be found.

The house should be whitewashed inside as often as it needs it, and every thing done to keep the air pure in it. Breeding in and in should be avoided, and no very old fowls kept, as young ones are much more profitable. It costs time and money to fatten old animals and fowls; while the young of each sell readily if not very fat, and are much better too. No fowls which are shut up in close coops for the purpose of fattening are fit for food: they must have exercise, or they are sickly.

When eggs begin to hatch, they should be let alone, as breaking the shell to assist them kills the chickens inside: they usually come out right if let alone. When all are hatched, feed them with warm dough made of corn-meal and milk; and keep them and the hen where they cannot run into wet grass, as this often kills the chickens; but, at the same time, the hen should not be kept in a small coop, as is usual, after being without exercise for three weeks. She should have plenty of room where there is no danger to the chickens. Feed them three times a day till large enough to find their own food.

Ducks bring a good price in the market, and might pay well for raising. De Voe names the Muscovy, topknot, and Cayuga black as among the best breeds for the table; and says, "A cross between the common and Muscovy produces a very large bird at an early age, and is considered by many the choicest duck."

Geese, when two or three months old, that have been well fed, are considered very nice eating; but an old goose for the table is dear at any price. The young, when two-thirds grown, are called green geese, and sell readily at good prices; and an unlimited number of them would sell in cities if the farmers would but raise them.

Guinea-hens are also profitable to the farmer. De Voe says, "They are considered best in the winter months, when they take the place of partridges after they are out of season."

Turkeys are more tender than common fowls, requiring more

care, and costing more to raise them, than common fowls; but they also bring a greater price generally. The young need much care; and the farmer's wife before referred to, equally successful in raising turkeys, feeds hers, when young, with a curd made the same as for cheese, from rennet and sweet milk, and mixes in it crackers, or white-bread, till they are soaked soft: a little black pepper, in cold storms, is added. They should not be allowed to run in tall, wet grass, as they like to; for this injures, if it does not kill them: but they should have a separate enclosure, as should each kind of fowls. Thanksgiving time and forward is the farmer's turkey-harvest; while spring chickens and green geese are sold in summer.

"Hens sit on their eggs, previous to hatching, twenty-one days; ducks, twenty-eight; geese, from thirty to thirty-five; Guinea-hens, twenty-eight to thirty; turkeys, twenty-eight; and pea-hens, twenty-eight to thirty days."

FLOWER-GARDEN.

There are many women who would like to have flowers, especially out of doors in summer, were it not supposed to be so much work to take care of them. House-plants in winter need some care; and one window full of well-kept ones will afford more pleasure than a house full of neglected ones. What little care plants need must be supplied at the right time, or they become worthless. Then some knowledge of plants is necessary, as hardly any two sorts need the same treatment. We have few American books, as yet, on this subject; and experience must be something of a guide. English books on gardening are of very little use to us, because their climate is so different from ours; theirs being always moist, while here the sun shines clearly most of the time during summer. Where they prune every thing mercilessly to let in as much sunlight as possible, we should not do it, because our vegetation would be almost scorched by the intense heat were we to follow their rules. We must make our own rules, and write our own books, on this subject, independently of other nations, if we wish success in the same.

We have many plants which will grow as easily as weeds, and, if once started, may afterwards be left to take care of themselves, being much more pleasing to the eye than weeds, which they help to keep out of the way. Many bulbs are sufficiently hardy to live without care, year after year; but their tendency is to grow deeper into the soil each year, so that, in time, it would be necessary to take them up, planting them nearer the surface. Tulips and daffodils grow without care; and it is said that snowdrops, crocuses, and hyacinths will do the same. Peonies grow year after year, as well as hollyhocks, columbines, and many others. Hollyhocks are propagated by the seeds falling; and, in this way, new varieties are constantly presenting themselves. But there is nothing which makes such a show of perpetual blossoms till frost comes as the petunia. Where it is planted and goes to seed one year, it will come up abundantly the next, covering a flower-bed with blossoms, and producing new varieties each year: it will even come up, grow, and blossom in a gravel road or path, if the seed gets scattered there. Verbenas are said to grow as easily if the seed is sown in spring. Pansies grow from the seed when once started, besides many other plants.

Pieces of turf, cut in uniform width, make a good edge for a flower-bed; and a variety of sizes and shapes may be allowed in making them. A square is the worst shape for a flower-bed, and a circle is as convenient as any. Plenty of well-rotted manure should be used spring and fall to insure good results. Deep digging is recommended; but, where a woman has it to do, a less depth will answer, if liquid manure, or soap-suds left after washing, is frequently applied. Flowers need frequent watering in sunny weather; and this is the hardest part of gardening, if the water has to be carried far. All dirty suds should be saved for this purpose, as the potash contained in it is valuable to promote growth. Hardy bulbs, if taken up after flowering, should be replanted in the fall.

The amaryllis may be set in the ground in spring, to blossom in August, or kept as a house-plant; and if it is kept rather dry in summer, in a pot, will blossom in the fall or win-

ter if reset into rich soil and well watered. If it blossoms in the ground in summer, the bulb keeps best in a pot of sand or loam in the cellar during the winter, and does not need watering usually. The bulbs sometimes blossom when not very large. Bulbs which are grown in pots for winter or spring flowering should have much deeper pots than some other plants. A pot nine inches in diameter will grow three hyacinths, with crocus to fill the interstices. October is the time to start them; and the soil should be rich and light. The bulb should be set so that the shoot is just above the soil; then wet it thoroughly, and keep it in a dark place from five to six weeks, that the roots may start. Bring it to the light and heat gradually, and give plenty of water.

A variety of tulips may be grown in one large pot; as many as twelve bulbs sometimes being grown in this way. The crocus can be raised in pots, like the hyacinth, or out of doors in early spring. The narcissus can also be grown in pots for winter-flowering, and treated like hyacinths; three large bulbs being considered enough for a pot eight inches in diameter. Bulbs of different kinds may grow and blossom in one pot, producing a fine effect.

The dahlia is easy to raise; sometimes growing as well in gravel as anywhere else, if a little liquid manure is applied to it occasionally. It sprouts early in spring, if not too dry; and one tuber is sufficient to set in one place. Set them out as soon as frost is gone, and leave them out in the fall till after the frost has killed the leaves; then remove them to the cellar, and hang up if there is any danger of rats gnawing them. The iris grows easily out of doors without care.

The calla has a beautiful flower, and often sends out several of them in succession, if set in rich soil, and the pot kept in a dish of water. When the soil is not rich, liquid manure may be often applied, producing large fragrant flowers. Where a number of them can be planted around a fountain, and kept wet all the time, they are very ornamental. The blossom grows inside of a leaf nearly detached from the main plant; and this should never be cut off till it is certain there is no blossom growing in it.

Cacti are easily grown, and pay well for their care, as some of them have beautiful blossoms. Their soil should have more sand than most plants need, and they should be watered less. The prickly-pear grows easily out of doors in a box or pot; and with plenty of sun, and not too much water, bears yellow blossoms, which are succeeded by small sweet pears. It will not live out through winter, but may be kept in a cellar.

The fuchsia is a beautiful plant; and, if wanted for winter-flowering, the flower-buds should be broken or pinched off in summer as fast as they appear. They grow well in shade, while most plants do not.

Geraniums are easily grown, and blossom all summer if set into the ground, making it gay with bright colors. White flowers should be set among them for contrast. If wanted for winter-flowering, they should be kept in pots through the summer, out of doors, well watered, and the flower-buds pinched off, till the middle of September; when they should be taken into the house, and allowed to blossom. The double feverfew is a pretty flower to alternate with the scarlet or pink geraniums: it is got by cuttings, or by dividing the root. White verbenas and petunias may also be used, together with those of other colors, making a pleasing variety. The heliotrope is a most fragrant flower, and its colors mingle agreeably with the others.

The gladiolus is easily raised; and there are many varieties having handsome, showy blossoms. Ivy will grow as easily as weeds, but will not live out of doors in winter in our latitude. The English ivy grows well in shaded places, not appearing to need much sunlight; but it should be kept very wet if rapid growth and large leaves are wanted. Liquid manure should be applied occasionally. The leaves, when dusty, should be washed; and they then appear as well as new. It may be trained around pictures, made into arches, wreaths, festoons, or fixed to a frame. The German ivy grows faster than the English, and has a beautiful small yellow blossom growing in clusters, very fragrant, and lasts all winter usually. It may form a green curtain to a window, or be trained in almost any

way. If planted in a small tub, and elevated on something stout enough to hold it, a curtain of falling green branches is formed all around tub and support. Both of these kinds of ivy grow best in a room not too warm. If they freeze in winter, a little cold water poured on them will soon revive them. The same is true of nearly all house-plants. One leaf, or a part of a leaf, of the German ivy, will take root in water.

There are many kinds of lily which grow out of doors without care; but the fragrant pond-lily is the most beautiful of its tribe. It is said that it will grow in small ponds if transplanted there; the method being to take the roots between the toes, wade into the water, and press the lily-roots down into the mud with the foot.

Moneywort is a pretty trailing plant, with a small yellow blossom. It needs much sun and much water to bring it to perfection. It appears well when falling over a marble vase in which are growing a variety of gay flowers. There are many beautiful varieties of moss; and some of them which grow very fast are suitable for the borders of small flower-beds.

The oleander is a beautiful shrub, and when once rooted, which is done by keeping a cutting in a bottle of water, is not difficult to raise. If kept entirely out of the sun, its blossoms are pure white; but, if it has sufficient light and heat from this source, its blossoms are a beautiful pink, and of large size. The gardener's rule for preparing the soil for this plant is, one-half loam, one-fourth peat, and one-fourth leaf-mould from the woods, or rotten manure; or, if this cannot be found, use equal parts of peat, loam, and sand. Give water every day; and, when the flower-buds appear, let the pot rest in a panful of water all the time. Once in three years it should be repotted.

Orange-trees are raised for their fragrant blossoms as well as their fruit, and may be kept out of doors in tubs during the summer, and in winter kept in a dry cellar where they will not freeze, if not wanted in the room. They will bear, without budding, in about eight years from planting the seed; and only the seeds of the best fruit should be planted. A strong, rich soil is needed for them.

Some varieties of pinks grow well out of doors without much care, and blossom freely. The seeds of various kinds of poppies make a gay bed, and one not requiring care except to water it in a dry time.

Roses are as beautiful as any flowers there are; and the hardy varieties are easily grown. They need a dressing of well-rotted manure each fall and spring. Those which appear to be decaying should be watered two or three times a week with tea made of the soot from a place where wood is burned; but it should be applied cold. "Every fifth or sixth year they should be taken up, the roots cut in, and replanted in fresh soil."

Verbenas may be raised from seed, and new varieties are produced; but, if the old varieties are wanted in profusion, they may be had by layering, which is cutting a crossway slit in a branch, and pegging it down till rooted. Plants should be layered in the middle of summer. Verbenas for winter-flowering should not be kept too wet nor too hot, as this treatment kills them.

The Wandering-Jew will live after it appears to be dead, and grows vigorously with good treatment.

Besides these are numberless other plants and shrubs; but most of these mentioned require little care. Flowering shrubs, when well started, do not require much care; and all are more or less beautiful. House-plants, as usually treated, do best in glazed pots; and these save much labor, as the unglazed ones often get mouldy, and cause much needless labor, being disagreeable objects if not kept perfectly clean. Plants in a warm room, kept in unglazed pots, need water every day, unless the sun is clouded; but, as they seldom get it, glazed pots had better be used, as the water does not evaporate as fast from them. A plant that is dry as dust never will amount to much. Dirty washing-suds just warm is best to use, and liquid manure occasionally. Put some strong manure into an old vessel, and add water till full; after a few days, it is fit to use; but it should not be made too strong, nor the plants allowed to get dry after it, as it burns them if dry. Small

pots are useless, as there is so little nourishment for the plants in them; and broken crocks are equally useless to keep in the bottom, for the same reason, and because no drainage is needed in a warm, dry room.

A compost suitable for most plants, which is recommended by gardeners, is one-third leaf-mould, one-third rich loam, and one-third river-sand; and to a bushel of the mixture add a shovelful of lime, ashes, or gyspum, and sift all together. Some use a richer soil than this with good effect.

House-plants need about the same temperature as do persons; not too hot a room, and well ventilated. During the longest nights, plants will bear much cold without injury; and, if they happen to freeze, all that is needed to restore them is a drenching with cold water as soon as possible. A sunny window is a necessity for winter-plants, as they cannot grow without it. In summer they may be kept out of doors, and gain strength there ready for winter. Some people suppose the reason of their not being successful in raising house-plants is because there is so much gas in the room; but, if there was enough to kill plants, human beings could not live in it as they do. Their want of success is owing more to a want of regular watering than any thing else.

Flower-beds should be watered thoroughly when it is done, that the roots may not spread along the surface of the soil, as they do if lightly watered each time.

"Pricking out" is merely thinning out and transplanting. There is a tool called a transplanter to be found at hardware stores. "Layering" is cutting a crossway slit in a branch, and pegging it down till rooted: this should be done to plants in summer. Trees may also be layered; but they should remain pegged down one or two years. The best cuttings of plants are those nearest the ground or roots, as they take root easier than others. The best season to start cuttings is in August, as the heat and moisture during that month cause things to grow very fast. The best place to cut is just below the joint between the old wood of last year and the new. They are usually started in common soil with two inches of fine sand

on the top of it. Plants in pots, for winter-flowering, should be taken into the house by the middle of September.

Plant-lice of various kinds are a nuisance when on plants; and many ways are recommended for getting rid of them. One is, to fit a cover of pasteboard over the soil, and immerse the whole top of the plant in strong soap-suds. Fumigating with sulphur or tobacco, with an umbrella over the plants, is often tried, as well as syringing the plants with a weak solution of chloride of lime. When all other methods fail, they may be picked off; although this is a long and tedious process, but quite as sure as any. Seeds, when planted, should be scattered over the surface of the soil, and a handful of dirt scattered over them. If small seeds are planted deep, they rot instead of growing.

Most persons agree that it is conducive to health to have plants growing in the room most used by the family; but the same persons are afraid to sleep in the room with plants, for fear of the air being poisoned by them. Of course it is best to sleep without them, as plenty of fresh air is needed in the sleeping-room in winter, and the plants might thus freeze; but no harm would be likely to result to the person. If plants throw out carbonic acid at night, so do persons much more; and who hesitates, on that account, to sleep in the room with another person? The plants must be the only sufferers if plenty of air is admitted, as it should be to every sleeping-room.

Bouquets may be furnished daily from a small flower-garden, and afford constant delight to the lover of beauty. The water should be changed every day; the ends of flower-stems cut off, and new ones added. Children usually like to do such work, and may soon learn to arrange them with much taste.

It is said that perfume may be made from flowers in the following way: "Gather the flowers with as few stalks as possible, and put them into a jar three-fourths full of olive or almond oil, to remain twenty-four hours; squeeze them through a coarse cloth, and repeat the operation with new flowers several times if it is wanted very strong: then mix

the oil with an equal quantity of pure rectified spirits, and shake every day for some time."

KITCHEN-GARDEN.

This should be near the house, in a warm, sunny exposure, where early vegetables may be raised; but it should not be too conspicuous from the house. The farmer who chooses to may find that use and beauty are not necessarily opposed to each other. A grove is needed near every farm-house for the children to play in, and the family to sit in during the heat of summer. It need not be very large: but a cluster or group of several kinds of trees, evergreen and deciduous together, would hide unpleasant prospects from the house; while the front of it might have an extended lawn and fine prospect, without the loss of much grass, which farmers seem to feel so much if a tree happens to be near what they call their mowing-lot. It is sad if the souls of a family must be deprived of so much beauty that a few more spires of grass may grow, when a little extra manuring would cause enough more to grow in other places to make up what the farmer considers such a loss.

All kinds of vegetables should be raised, as nothing need be wasted on a farm; and there is nothing that is more needed to secure health than early and well-grown vegetables and fruit. Dandelions are about the first to start in spring; and it pays to raise them, and send some distance to market, as they bring a great price. Much profit comes from raising rhubarb, asparagus, and all those early vegetables so necessary to health and appetite.

The production of fruit and vegetables does not increase as fast as does the population: so there is no danger of a falling-off of the present high prices of all provisions. The producers should awake to this fact, or, if they already raise more than they sell, send it to the large and constantly-growing cities, which would purchase much more if the opportunity offered. Small fruits and berries are profitable; and some kinds are easily raised. Hops are in growing demand, and are raised

without much cost. Peas should be planted at different times, early and late, to produce a succession; and the vines need not be bushed, as they do about as well without.

What is called in some places "the Boston hotbed," being used in the suburbs of that city, is described thus: "It is sheltered by woods or a high board-fence on the north or north-west side, and a pit dug parallel with the fence, three feet from it, seven feet wide, and two feet deep: the pit faces the south or south-east, and a cart-path is left in front for hauling in manure and loam. A row of chestnut-posts is set on each side of the pit, and two-by-twelve spruce-plank spiked to them, so that the plank will be level, or nearly so, endwise of the bed; but the front plank should be two or three inches lower than the back one, to admit of good drainage of the sashes, which are placed directly on the plank. When complete, the pit will have a six-inch space dug outside of the plank: this space should be eight or ten inches wide, if it is intended to use the bed in severe weather. Put in horse-manure, as hot and fresh as possible, to the depth of eight or ten inches, covering it immediately with eight or ten inches of loam, and planting on it as soon as the heat begins to rise."

LAWN.

The lawn should extend from the house to the park or woods, if convenient to so arrange them; and it will often be found to be so. A little love of beauty is all that is needed, in most cases, to give the farmer's home a different and more pleasing aspect than it usually wears. A little skill will do much in beautifying a place; but most persons, when they once begin, do too much. Too many trees are cut down, and the remainder ruined by pruning either at top, bottom, or both; and, if there happens to be a pretty little brook on the place, most likely it will be turned into a straight ditch. It seems almost impossible for man to trim nature without ruining it by overwork.

A single large tree, well grown, as nature made it, stands out on a lawn, — a most beautiful object, whether it be pine, oak, maple, elm, or almost any other variety; and time alone will

produce such trees: they cannot be bought with money, and set where we please; but time speaks through every branch.

A variety of trees set by the roadside is more pleasing than to have all of one sort, and their use compels them to grow in straight lines; but no such lines should be allowed on the lawn. A border of different trees should be planted, in imitation of nature, along the outside of the lawn, and some single trees of large-growing varieties left to grow by themselves. In other places should be groups of those kinds which harmonize best together. And the first thing to remember is, that no evergreen should ever be pruned one particle, as this destroys its beauty as much as clipping a statue would injure that. The best time for transplanting them is early spring, when the rains commence; but, if the top or lower branches are cut off, it might as well be burned at once, as there is no beauty left in it.

The Norway fir is a beautiful evergreen, whether standing alone, with its magnificent lower branches resting on the ground, or in a group with other trees. The weeping-willow appears well alone; or it may be grown with evergreens and other trees. The white and pitch pines are very fine when alone, if large and well-shaped; and there is music in their branches. The sugar-maple is beautiful any time, but especially in the fall, when its leaves change color, and, if not planted alone, may be set with evergreens and other trees. The chestnut, walnut, beech, and buttonwood, — all are handsome, alone or with others. The red berries of the mountain-ash contrast well with evergreens; so does the yellow or golden willow.

The birch, silverleaf-maple, and larch will grow in wet places; as also the willows, of which there are many varieties. The beech will grow on hilly and rocky places. Arborvitæ, if grown as a tree, should be planted alone, or outside of a group of taller trees. It is used for hedges; but it is easily injured by our winters, dying out in places, and not making as good nor as beautiful a hedge as hemlock. The barberry is ornamental as well as useful, and should be grown on the lawn, in out-of-the-way places, or used as a hedge. One or two bushes might be set near the house with good effect.

Flowering shrubs should be near the house, as well as at a distance; and flower-beds should be still nearer. Hedges well made are preferable to fences, as the latter need constant attention from the farmer, and are wearing out; while the hedge keeps growing.

ORCHARD.

The orchard must be set in straight rows, because it is necessary that it should be ploughed every year to compel the trees to strike their roots deep into the soil. Orchards which have never been ploughed have the roots of trees grow near the surface; and, if they are ploughed after a few years, the trees die. By having the roots strike deep, the trees are not harmed by dry weather After an orchard has grown so as to shade the ground completely, ploughing is not necessary.

Mulching around fruit-trees affords shelter for rats and mice in winter, and does more harm than good. These animals gnaw trees at their base in winter, when the ground is covered with deep snow; and this is because they cannot get out to get their accustomed food. To prevent this, the snow should be trodden down firmly around each tree; and it freezes, making a crust which these animals cannot penetrate. Trees prepared in this way are never gnawed.

It is asserted that much fruit, such as apples and plums, that is destroyed or made worthless by insects, would be saved if hogs were allowed to run in the orchard and eat the wormy fruit, which falls prematurely. The worms are thus destroyed before they have an opportunity to do more mischief.

Pruning should not be done in early spring, — for the sap runs out then, and injures the tree, — but after the sap has fulfilled its office in nourishing and forming the foliage. Scraping the bark off, and washing the trunks of trees, is labor lost, for no injurious insects are destroyed by it, only the borer (according to Copeland) harming the apple-tree; and this can only be reached by a wire thrust into its hole.

In manuring trees, it should be remembered that the ends of the roots are at some distance from the trunk; and hence a large circle should be manured. Wood-ashes are good for

trees; and old ones may be revived by having ashes applied over the roots.

Grape-vines are often pruned at a time when the sap is flowing upward, as it does in spring to form the foliage and fruit; and the consequence is, the vines are nearly or quite worthless afterwards, as the sap runs out instead of going where it is needed. Pruning should be done after the sap has fulfilled this service, and before the leaves fall again.

Transplanting is most successfully done as soon as the frost leaves the ground in spring, and when the April rains are commencing. It is natural then for all things to commence growing; and the rains keep them from wilting till they get started. It is said, that, when trees have been out of the ground so long a time as to appear dead, they revive if the whole tree is buried in the ground for a few days.

Grafting-wax is made of equal parts of turpentine, beeswax, and rosin, with a little tallow, and the whole melted together; but it should not be applied hot.

Winter pears bring a great price in cities, and pay well for raising. They should be packed in clean paper, dry sand or sawdust, and kept in a cool, dry place, where they will not freeze, till the right time for each sort to be taken out arrives.

Fruit should be sent to market in small packages convenient for the retail trade, and neatly packed, as attention to these points often doubles the value in the eyes of the purchaser. Many grapes are brought each year from the West in small paper boxes, for which consumers have to pay well. Apples and pears should be carefully picked from the trees, and the bloom not wiped off; for this forms a natural protection to them. All eatables, to sell well, must present an agreeable appearance; and it is as easy to have them so as not. The poorer qualities or smaller sizes do not sell well, having more waste in them: but they are as profitable for the farmer's use as any; for he has animals to eat the refuse, so that nothing is wasted.

It is said that grapes, if carefully packed like pears, will keep till March. Oranges, lemons, figs, and peaches are

grown in firkins, with an aperture in the bottom of each for drainage; being kept in the cellar in winter, and carried out doors to remain through the summer. Figs, it is said, will grow out of doors in a sheltered place if the branches are wrapped in straw in November, laid on the ground, and covered with light litter or earth. Some foreign grapes will grow with the same treatment.

PARK.

The woods can be cleared of under-brush, making a park that would delight the children, without any expense, excepting for a few cheap seats, or here and there an inexpensive arbor, taking only a short time to make. No wood-lot should ever be cleared all at once; but, as the trees grow, thin them out. Near a certain suburban villa is a pine-grove of well-grown trees, and underneath them are young oaks springing up all over the ground. Adjoining this is a young oak-grove, with an undergrowth of young pines: so that, in a few years, there will be an agreeable variety in the whole. The farm should comprise sufficient woodland to keep one open fire burning through all the cold weather.

The proper time for pruning fruit-trees and vines is also considered the best time for cutting timber or rails, as it proves to be much more durable if cut at this season, after the sap has done its annual work.

Rocks need not be removed for the sake of beauty; and certainly the moss never should be scraped from them; for both together form objects of beauty. No gravelled roads or walks are absolutely needed; and the expense of such a park is very small.

"'Mid pleasures and palaces though we may roam,
Be it never so humble, there's no place like home."

There's a home dearer far in the land of the blest,
Where the parted of earth shall find pleasure and rest:
How welcome the summons that bids us to come
And share the delights of an eternal home!

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